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Founding Editor Steve Legg steve@sorted-magazine.com

Deputy Editor Stacey Hailes stacey@sorted-magazine.com

Sports Editor Stuart Weir

Marketing & Advertising Rebekah Taylor rebekah@sorted-magazine.com

Design Andy Ashdown Design www.andyashdowndesign.co.uk

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Contact

Sorted Magazine

PO Box 3070, Littlehampton, West Sussex, BN17 6WX, UK

Tel: 01903 732190

E-mail: steve@sorted-magazine.com

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Happy Father's Day

ather's Day is coming, and it holds mixed emotions for many of us. As I sit down to write this, my eldest daughter is waking up at her mum's house, on the sofa. And she's not talking to me. Or if she is, it's unrepeatable.

I know I'm not alone. Some of us are single dads; some of us don't get to see our children as much as we'd like. Others have lost a child—the spectrum of fatherhood is wide and varied, but for each of us, finding a way to build a relationship with these little people running around looking a little like us and making all the mistakes we used to make, is crucial.

The thing that I have come to realise is that nothing beats good, old-fashioned love. Above everything else in the world, children need to know that they are loved with a love that knows no end. It will mean different things for different children.

It's about learning their love language and if you don't know what I'm talking about Google it and buy the book. My wife made me do it! I'm glad she did. My children are all different, I have five girls, and each of them needs something different from me. The youngest knows she is loved so long as she can have snuggles on the sofa, and someone strokes her head at night, the next one up is all about quality time, which means I have to turn off my phone and give her my full attention. After that we have words of affirmation - my middle daughter holds on to every bit of praise she has ever been given and stores it up like treasure. The eldest two are different again, one loves to be taken care of, and the other feels precious when she's given a little gift.

I can't treat them the same because it wouldn't work. But however you show it,

never withhold it, not when they're grumpy, not when they're rude, not when they've got in trouble at school, not even when they tell you they hate you.

If you fall into the mistaken belief that love is an emotion, you'll fail with that last one. Love is an action. It's what we do. It means we have to try; sometimes that means making an enormous effort to love a child even when we're not sure that we like them.

Love is the key, but sometimes it needs to be firm. Our job is to raise kids who will be great adults, to teach them to be brave, strong, kind and selfless. Lots of this is through role modelling but if we don't lay down firm boundaries with our children and have real consequences when they break them, we make their future uncertain. If we teach children that they don't have to pull their weight or that they can treat us like dirt and yet still have everything done for them, they are going to get pretty hurt in the future when they discover that no one else will accept that in a relationship.

It's a minefield, but minefields, with time and patience, and preferably a sniffer dog, can be crossed. Sometimes you get it wrong, sometimes there's an explosion, but with support, you get up again. You move forward, and eventually you get to the other side.

Sur

Steve Legg

FOUNDING EDITOR steve@sorted-magazine.com



























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Bucket List Destination:

Israel

After exploring the land "flowing with milk and honey", Steph Cottam explains why Israel should be the next country you visit.

Inspirational

o matter where you go in Israel, there is always something new to discover. Around every corner and hidden under every stone lays some treasure waiting to be discovered by you. From the lush green mountains of the Golan Heights (dependant on what time of year you visit... summer probably won't be that green), the historical villages lining the banks of the Sea of Galilee (Kinneret in Hebrew), the vast desert and lofty red mountains surrounding the Dead Sea or the hustle and bustle of cities like Jerusalem and Tel Aviv. Each place is different: each place offers a new sense of what this small country has to offer.

Surprisingly, Israel is perfect for growing vines, and

Surprisingly, Israel is perfect for growing vines, and Israel is fast becoming a key competitor in the world of fine wine with lots of family-run / community-owned wineries tucked across the country. From the Heights of Golan, or out in the Negev desert, make time to stop and sample the sweet delights which pours from a bottle, and you will not be disappointed. This is an incredible achievement for a country that, just 100 years ago, had

all it's trees ripped out to avoid tax (many trees were the main source of income for the families living there – olives, dates, and not to forget grapes). The Ottomans decreed landowners would be taxed according to how many trees were on their property, so what better way to avoid tax than to remove the trees?

way to avoid tax than to remove the trees?

Moving around the country, we're constantly reminded of the rich history which has inspired so many people over the centuries, and will continue to surprise her visitors long after I have breathed my last.

There's a real sense of community throughout Israel, which is hardly surprising given the instability of the surrounding nations. Nowhere is this more obvious than in one of Israel's 270 Kibbutzim (Hebrew for "gathering"), a community of people who literally do life together, even sharing money. Each member earns equally between them (even to the retired man who no longer earns). Many of the kibbutzim are open to the weary traveller, offering hotels and guesthouses that are actually better than some of the "brands" we have here in the UK. I stayed at the Ein Gedi Spa Hotel in the \Rightarrow

Ein Gedi Kibbutz, and fell totally in love with the private outdoor space by my room, which provided the warmth of the morning sun on my face as I caught up on news back home and sipped the Israeli aromatic coffee - a delicious espresso fused with cardamom. The smell alone is so enticing! Oh, and making time for a spa in the middle of a full-on tour was a brainwave of an idea. The spa offers a Dead Sea mineral pool, saunas and a number of treatments (for example, a deep tissue massage might be just what you need to ease the pressure of the manual labour of carrying bags and suitcases).

Spiritual

Israel is the only country in the world that has an important connection with its visitors spiritually - even for those who don't consider themselves particularly religious. It's hard to not feel a sense of awe as you visit the real places mentioned in those Sunday School Bible stories. Or maybe, this will be what draws you to Israel - following in the footsteps of Jesus, seeing for yourself the vast landscape of Galilee, visiting the towns and villages He visited, and tracing the difficult journey He'd have walked, as He left the calm serenity for the hustle and bustle of Jerusalem. Many people have been touched by a sense of God's presence. For some it is as they seek pilgrimage along the Via Delarosa (meaning, "The Way of Grief" - 12 churches built along the route at which you're invited to stop and reflect at significant stone altars, which can get busy at key times like Easter), walking with Jesus along the purported route He took, from arrest, trial, crucifixion and resurrection.

"ISRAEL IS RIGHT AT THE FOREFRONT OF TECHNOLOGICAL **DEVELOPMENT...** AND YES, THEY EVEN HAVE WIFI!"

Or maybe you might prefer the more tranquil sites, not bombarded by tourism but sitting on a boat in the middle of the Sea of Galilee, surrounded by the mountains and valleys which steer water back into the lake whenever it rains, silently observing a group of Brazilian women lost in worship through music and



dance. Or sitting on the banks of the Galilee, dangling your hot feet into the cool waters, imagining yourself in the crowds as Jesus addressed the people from one of the disciple's boats.

Or you may feel a sense of closeness to God whilst hiking through the Mountains around Ein Gedi, drinking in the incredible sense of power and wonder these rocks hold as you walk through the dry bed of one of the many rivers and waterfalls which have left their mark over the centuries, feeling the impact of how small we really are in relation to the magnificence of all He has created.

Revolutionary

There is the misconceived idea that Israel is a dusty, barren country with a few ruins and no modern facilities, so it may surprise you to know that Israel is right at the

even have Wifi! Tel Aviv (literally meaning Old-New in Hebrew, as Tel

forefront of technological development... and yes, they



is a hill that has been created after years of cultural development and Aviv means "spring" or "growth") is a modern developing city with so much to offer, not just the tourist but the entrepreneur as well, with Israel's Silicon Valley situated on the north side of the city. Many of today's technological developments are occurring right here in Israel, with opportunities for businesses to meet with and forge links with the best Israel has to offer. (Perhaps a new business opportunity will bring you here?). As you walk through the old cities, and

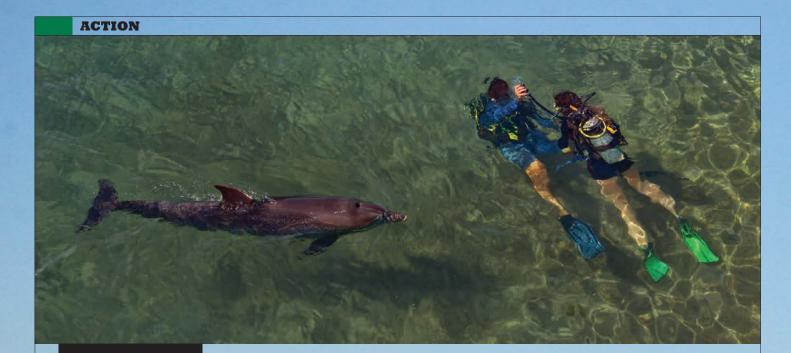
archaeological sites such as Jaffa (immediately south of Tel Aviv), there are constant reminders of Israel's technological advancements littering the streets.. so watch you don't trip over one of the unearthed oil presses, wine presses or flour grinders. Located on the Mediterranean, Israel is known for being hot - especially in the summer (the best time of year for us Brits to go is between autumn and spring). As a result of the heat,

and the waiters are so confident they will be able to find you the perfect accompaniment to your steak or ribs they consider themselves beer connoisseurs. \rightarrow

Top Tips

Using a Guide

It is recommended to use one of Israel's approved guides, as they will not only lead you through Israel, offering you information, history and local knowledge, but they will also know how to keep you safe as you travel. We were so blessed by the guide that the Israeli Tourist Board had provided for us. Herzl Ein-Eli is a Persian Jew born and raised in Israel and who has come into the fullness of realising that Jesus is the Messiah prophesied throughout Scripture. Being guided by a Messianic Jewish guide added insight into the many places we visited across Israel as he offered both local and spiritual understanding of each location. He is available to lead tours on a private basis for any size group: herzltourguide@yahoo.com



Top Tips

Safety

Whenever I say, "I'm going to Israel", the first question I am inevitably asked is, "Will you be safe?" I've been three times, and am still alive to tell the tale! Israel is one of the safest countries in the world, in spite of what you read/hear about in the news. There is an incredible security system with multiple layers of protection, from the "Arrow Theatre System" which intercept medium to long range rockets in the sky, to the Iron Dome which does the same for shorter distance rockets. The army works alongside the police to keep the citizens and visitors of Israel safe, to the point where even on the streets you will see fully armoured police, just as we are seeing more and more in our own streets. I have always felt safer in Israel than I ever did living in London.



of the hidden Land in ways most tourists, who stick to the roads, will never appreciate. There are guides who can take those who are brave enough on the greatest adventure you could ever imagine: hiking through the Golan Mountains, or sleeping under the acacia trees of the desert – no two days will be the same.

New discoveries are always being made, such as in 2009, when builders stumbled across part of a wall dating back to the first century, as they started to dig foundations for a new guest house; so an excavation of the area was ordered. As a result, six years later, you are invited to walk around the beautifully preserved first century synagogue in what was then the Galilee port of Magdala. A stunning mosaic floor has survived 2000 years and requires at least 25 photographs to be taken so people can admire it back home. You might want to hold your nose though, as you pass the uncovered remains of Magdala's market street with all its "fish baths" from which people could buy freshly caught fish from the Galilee.

Take a walk through the ancient port city of Caesarea Maritima, complete with the Temple built and had jointly dedicated to the goddess Roma, and Roman Emperor, Caesar; imagine yourself fighting to your death in the magnificent Hippodrome buoyed on by the cheers and jeers of the elite in the hope that you might be one of the lucky ones to escape death.

Excitement & Adventure

Like any beach resort, you will find enough to keep you busy, especially if you take your wife/girlfriend with you. She can do that "sunbathing thing" while you experience the joys of sailing, scuba diving, parasailing, or fishing... real man activities.

- Or you can really go for it on the Gospel Trail a 65km hike from Nazareth to Capernaum, taking in the sights of places like Cana (where you might find some of that leftover wine Jesus made from water), Midgal and the Mount of the Beatitudes, and passing through some of Israel's National Parks or areas of Israel the average visitor will not see.
- Or follow the 60km bike ride Sea of Galilee Trail that takes you around the whole Lake, sticking mainly to the flat terrain of the shores.
- Or for something a bit more authentic, how about a camel tour of the Negev deserts of southern Israel, taking in the rich sights unlike anything you will have ever seen, especially the stunning Red Canyon in the Eilat Mountain reserve at the southern tip of Israel.
- If you're a single guy, make sure you keep an eye out for a Bedouin tent with a white flag as you travel around... this is a sure sign that the family has a daughter they are ready to marry off!

Life-changing

So, no matter how you choose to visit Israel, one thing you can be assured of is the impact this small, but hugely significant country, will have on you. Each of my visits there have been so different, as each visit allows Israel to reveal more of its treasures to me. Even when I returned, as I was sitting in a coffee shop with the leaflets and information about Israel spread out on the table, a woman in her 40s commented on her own visit when she was eight years old and how she can still remember many places she had been to, while others remarked how they really wanted to go, as soon as they are able. Israel is that kind of place. It attracts you, draws you in, welcomes you and hides a piece of itself in your heart. ■



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Top Tips

Food

One of the things to be aware of, is that Israel - in a lot of areas - has a kosher policy, meaning that you won't be able to buy a cheeseburger in McDonalds, as the mixing of meat and dairy is a bit of a no-no. That's not to say all the eateries follow this practice, but many of them will either serve meaty menus, or creamy, cheesy, cakey menus. Most of the time, it's not that noticeable. The food is all fresh and locally sourced, so you know you're going to be eating well, even if a crispy bacon roll is off the menu. If you eat as part of a group, one of the nicest things about eating in Israel is the whole sharing thing! A bowl of hummus, a plate of Israeli salad, a dip of Tahini and lots of warm freshly baked bread fills your senses as you walk in and see how everyone else is just dipping in. Then you have to sample the Jerusalem staple street

food... Falafels! To not, is criminal, quite frankly. And watch out for the free late night entertainment! Ben Yehuda street in Jerusalem is one of the main hangouts at night; one of the best experiences was when I stopped to join a circle watching the violinist dance as he played a James Blunt song, dressed in his traditional Orthodox black outfit. A few feet away, an old Arab man was doing his thing on a guitar, accompanied by an African drummer. During one trip to Tel Aviv, I stumbled through the crowds at a Beer and Music festival in Tel Aviv's "Old Station"... pay for a glass, and keep sampling the beers.

> For more information, please visit www.thinkisrael.com



BEAR GRYLLS

The Bear Facts



Paddle Your Own Canoe

In this issue's excerpt of A Survival Guide Bear Grylls talks about the power of action.

love these simple words for life. Paddle your own canoe – they say it all really. But how many people do you know who, when there is something wrong in their life, expect someone else to come along and fix it for them? It is so common: an assumed "right" that it is someone else's job to provide for and nanny them. It is someone else's job to fix up the mess.

It is never down to us.

Now, don't get me wrong. Many people need help – for real – and our calling if we are to be "successful" has to include loving and helping those who are suffering, struggling or trapped in a cycle of poverty, ill-health or violence. At the heart of real success is always giving (I am going to give this a whole chapter later on).

The sort of "needing help" I am talking about isn't really needing help, it is called asking someone else to do the hard work. You could call it laziness.

There is, all around us, an expectation that someone else – whether it is the boss, the teacher or the government – will step in to solve our health, wealth and community issues.

One of the most valuable lessons of survival training is self-reliance: when no one is coming to the rescue, it's down to you to sort things out. There is a simplicity, an honesty, a self-awareness and a power to that.

You can no longer blame anyone else for where you are. There are no more excuses. There is just a silent awareness that this is where you are, and that is where you want to be.

Between those two points there needs to be action. A whole lot of it. Good, positive, daily action. Action when it is raining; action when you really want to lie in a little longer; action when all about you is crumbling or failing; action when all is dark.

Action is the key. Action has the power.

So get out your paddle, take a deep breath, smile and get going. And watch the journey unfold.

"WHEN NO ONE IS COMING TO THE RESCUE, IT'S DOWN TO YOU TO SORT THINGS OUT."

You are now living the adventure for real, master of your own destiny. You are no longer waiting for someone else to help you out; you are not expecting to be handed something on a plate. You are your own rescue.

Now you understand the phrase: "If it is to be, it is up to me."

It feels good, eh? Doing it yourself. Paddling your very own canoe. Now it is all about hanging on for the ride! ■

Bear Grylls is an adventurer, writer and television presenter. He is best known for his television series *Born Survivor*, known as *Man Vs Wild* in the US, Canada, Australia and New Zealand. Bear spent three years in the SAS and is one of the youngest Britons to climb Mount Everest, doing so at the age of 23. In July 2009, he became the youngest ever Chief Scout at the age of 35.



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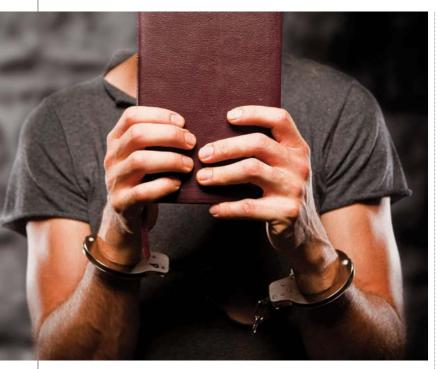


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ANTHONY DELANEY

Diamond Geezer



More Than Conquerors

he Middle East, birthplace of Christianity, is again the greatest battleground for Christians as it has been so many times in history. By the time you read this there will no doubt have been many more atrocities but I am still reeling from the beheadings of those 21 Christian men, all in their early to midtwenties on a Mediterranean beach by ISIL. They were members of the Egyptian Coptic church, one of the most ancient churches in the world.

What has not been widely reported by our media is that martyrdom is not just something that happened in history, but these men were killed because they said Jesus is their Saviour. Christians are by far the most persecuted people on the planet.

Their families watched the murders. The brother of two, interviewed in Egypt, said he was glad to see them singing and praying out loud to "Lord Jesus Christ". Beshir said: "Since the Roman era,

Christians have been martyred and learned to handle everything that comes our way. This only makes us stronger in our faith because the Bible told us to love our enemies and bless those who curse us."

The interviewer asked about forgiveness, what his family would do if face to face with the killers. "My mother said she would ask [him] to enter her house and ask God to open his eyes because he was the reason [her sons] entered the kingdom of heaven."

Beshir then prayed for the killers. "Dear God, please open their eyes to be saved and to quit their ignorance and the wrong teachings they were taught."

Men are always looking for heroes. Those in orange jumpsuits embody for me a different kind of heroism, peculiar to those following a man who went to a cross to lay down his life for his friends. They stood up for what they believed - no matter what. They would not bow down to evil. Ultimately, that's how we become more than conquerors.

In case you're still checking out

"THEY STOOD UP FOR WHAT THEY BELIEVED - NO MATTER WHAT. THEY WOULD NOT BOW DOWN TO EVIL."

Christianity, it involves suffering and costs everything. If you're not up for that yet, keep looking elsewhere until you're ready to take up a cross like Jesus.

We don't win by the action film heroism that grabs a sword and gets his retaliation in first. They force us to our knees, but that's where we are most powerful - by fixing our eyes on Jesus, whatever happens. We can't lose, because for us as St Paul wrote: "To live is Christ and to die is gain." People like that are unstoppable.

Seeing those men lined up by that beach, I recalled (perhaps Beshir did?) some of their ancestors. another group of Egyptian Christians who died by the waterside. The Theban Legion.

In 286AD, there was a whole Roman legion of Christians, six thousand six hundred Egyptian Christian Copts. As a test of loyalty the Emperor Maximian commanded them to go to Gaul, sacrifice to the Roman gods for victory, and then kill every Christian in the land. Every member of the Legion refused.

Maximian ordered that they be decimated - every tenth man was to be killed as an example to the rest. As 600 were killed, the rest still refused, so a second decimation took place. Their commander, Maurice (who the town of St Moritz is named after), wrote to the Emperor saying:

"We are your soldiers, but also soldiers of the true God. We owe you military service and obedience, but we cannot renounce Him who is our Creator and Master, and also yours though you reject Him. We have seen our comrades slain with the sword, we do not weep for them but rather rejoice at their honour."

They bared their necks for slaughter by the River Rhone. This is how we Christians overcome, the hard way.

Maybe the reason those in "The Suffering Church" overcome is because they honour such people? Who are our heroes of the faith? Healthy, wealthy, prosperity guys with perfect teeth? How will that help you stand - at the point of a sword perhaps - and overcome? ■



Anthony Delaney leads the Ivy network of churches in Manchester and is a leader of New Thing Global which aims to plant 10,000 new reproducing churches by 2015. He lectures on Transformational Leadership for Westminster Theological Centre and is the author of various books including Diamond Geezers.



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ALEX WILLMOTT

Your Will, Mott Mine

Clique and Collect

t's strange how things work in our world. In the last five years I've traded the newsroom for a charity and have now ended up deep within the private sector. The differences between the sectors cannot be counted on a thousand fingers. However, there are similarities in every human group, and some of them aren't

A few years back I was faced with a sad reality. I had become the guy I'd always hated. I was one of the "in-crowd". I was in a clique. I didn't know I was in a clique until I overheard someone say: "Yeah, but we all know there's a group within the group; and there's nothing us blokes can do about it. But we're happy here."

This gentleman was referring to a group of four leaders, within a leadership team of ten. I was one of the four. In the passing of a moment, at that Yorkshire eatery, I saw all the decisions that had been heavily influenced by the group within the group. I remembered the exclusive conversations, the texts and the emails. We were writing the narrative for the majority and there was nothing they could do about it. We were a clique; a nucleus of unchallenged, unaccountable men power conducting the melody as we saw fit like invisible conductors with horrible intentions. It was an arse-kicking realisation that





ultimately saved my integrity. My submission to guilt-acceptance ripped my being back towards a focal point I had long-since abandoned. I had started out on a road of transparency, but at some stage, I veered towards the lights, instead of the light.

Thank God, I now have cliqueradar, and it saves me from such things.

They're everywhere you know; political parties, sports teams, schools, workplaces, charities and churches. Now we're not talking about friendships that have become stronger than others. Or indeed groups of people within a wider congregation who have more things in common. We're taking about a group within a group, who intentionally govern issues that affect everyone, without the consent of everyone; and in the presence of no one else.

Let's be honest guys. Removing yourself from an influential clique may never improve your chances of success. And maybe success is worth

such an existence for you - I'd never expect another to follow my example, after all; who the hell am I? I'm a nobody. Usually my life is cloaked with apathy and a very slow internal processor that renders my facial expression vacant. However, I can tell you that since I confronted that small group of influencers and announced my imminent departure, I have slept a lot better.

There have been consequences though. All three leaders have deleted me from their lives. Two of them refuse to meet me in any circumstance. And I hear that their "special projects" are still flourishing at the expense of my reputation. I'm the "Cowboy", the "Rebel" and the "Angry Welshman". It seems that when you point out the nakedness of the emperor, you're the one left with your balls hanging out in the cold. And it has felt very cold at times. But let me let you in on a little secret. When I sit on the subs bench, silent and joyful; I know who I am. I'm one of them. And we're happy here. ■

"I'M THE "COWBOY", THE "REBEL" AND THE "ANGRY WELSHMAN"."

Alex Willmott penned the epic Selah trilogy. Former newspaper journalist, sports fanatic and local football manager, Alex took a vow to live life to the full after reading the book of John in the Bible aged 16. Visit www.alexwillmott.com for more information.











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Mad Max: Fury Road

Mad Max: Fury Road is director George Miller's take on the tale of the post-apocalyptic road warrior that first hit the screens way back in 1979 with Mel Gibson at the wheel of the Interceptor. This very good remake sees Tom Hardy don the leathers as Mad Max Rockatansky, who picks up Charlize Theron as wasteland wanderer, Furiosa, and takes her along for the ride. For the uninitiated or those way too young to remember, the original dystopic storyline saw Max, an ex-cop who survives a man-made apocalypse, continue to patrol the wastelands in a bid to retain some form of law and order. The action now shifts from the Australia of the original to an unspecified wilderness with Hardy as the quiet man of action seeking a purpose to his life amid the chaos.

Danny Collins

Danny Collins is a comedy starring Al Pacino alongside Jennifer Garner, Josh Peck, Christopher Plummer and Annette Benning. Aging 70s rock star, Collins (Pacino), goes on a soul searching journey of self discovery after his manager Frank (Christopher Plummer) finds a 40-year-old unread letter from John Lennon. Turning his back on his hell-raising rock n roll lifestyle, Collins thinks it's time to grow up and finally start the second half of his life, vowing to rediscover his family and find true love along the way. Amazingly, this isn't a dreaded rom-com the, but an inspiring true story.



Gascoigne

Gascoigne is on the face of a niche documentary charting the rollercoaster life and career of Geordie footballing legend Paul 'Gazza' Gascoigne. Archive material of his fantastic football prowess is interwoven with interviews with people who knew him and those who played against and alongside him. This thoughtful and powerful film will help you see beyond the football and the press caricature of an amiable, drunken buffoon to the sad image of a man whose struggle against a lifelong addiction to alcohol has seen him go down the route of

self-destruction like many before him. It goes beyond the accepted image of the man by including the way he offered the police his services to capture the murderer and fugitive Raoul Moat by taking him fishing. This should even appeal to those that don't follow association football.





Mr.Holmes

Sir Arthur Conan Doyle's legendary sleuth is never far from a screen portrayal, and this reworking sees Ian McKellen don the deerstalker to play a retired Holmes living out his

twilight years in 1940s rural Sussex. Living with his housekeeper (nothing new there) and the addition of a son, the great man has developed memory problems and is plagued by an unsolved 50-year-old case. Also featuring Milo Parker, Laura Linney and Patrick Kennedy this promises to be a new and highly original on the great detective.



Terminator Genisys

Arnie promised us he'd be back and back he is with *Terminator Genisys*. Big Arnie reprises his role as the Terminator in another time-travelling twist on the original that was released way back in 1984 – I was still in school at the time, but such is the longevity and cultural relevance of the film that practically everyone has seen or at least knows of its existence. In this reboot, Kyle Reese (Michael Biehn in

the original is now replaced by Jai Courtney) teams up with a young Sarah Connor (Emilia Clarke replacing Linda Hamilton) to prevent judgement day. Mr Schwarzeneggar may look a little older these days to be playing the cybernetic organism, but it's easily explained as the living tissue over the metal exoskeleton has just aged a bit. The plot is very complicated and works around all the

past instalments, pulling them all together. John Connor sends Kyle back in time again as Skynet change their tactics to launch two simultaneous attacks both in the past and present, but the original past has been changed. This time two Terminators are running around trying to kill Sarah Connor with the original Terminator also there to protect her.

London Road

London Road stars Tom Hardy and Olivia Coleman who are both pretty much hot property at the moment so it's good to see them both together in this real life retelling of the 2006 Ipswich murders of five women. The rural idyll of Ipswich's London Road is shattered by the discovery of the bodies of the five murdered women and in a community that had grown used to prostitution and kerb-crawling "Johns", the real shock was that a local resident had committed such a

heinous crime. The film charts how such a relatively small town with a close-knit community struggles to cope with both the horrendous crime but also with being the concentrated focus of the outside world.



Martin Leggatt is married to Sue and father to Aaron, Sam, Hope and Paige. He's a self-confessed movie geek, although his tastes run to an eclectic assortment of action, thriller, black and white, war and pretentious (as Sue would say) art house films. Martin's favourite film is Powell and Pressburger's A Matter of Life and Death.



@martylegg



TELEVISION

With Emily Russell



Fighting Against All Odds

he island held many dangers. To live, I had to make myself more than what I was, to forge myself into a weapon. I am returning, not the boy who was shipwrecked, but the man who will bring justice to those who have poisoned my city." – Oliver Queen, Arrow

Bruce Wayne isn't the only playboy billionaire who dons an unusual disguise to fight crime. Oliver Queen, aka the Green Arrow, has been a comic book hero since 1941. Now his adventures have conquered the small-screen.

Oliver Queen's (Stephen Amell) life is changed forever when he's the sole survivor of a shipwreck, forcing him to live on a remote island for five years. There he hones exceptional archery skills and gains a new path in life - righting the wrongs of his hometown Starling City and the wrongs of the Queen family. Upon his return home, Oliver appears to be the same feckless fun-loving playboy of old, but at night he secretly dons a green hood and prowls the streets to fight crime. Assisted by a growing team that includes bodyguard John Diggle (David Ramsey), adorable hacker Felicity Smoak (Emily Bett Rickards), and petty-thief-turnedsidekick Roy Harper (Colton

"THE POWER OF THE PAST AND PAST ACTIONS AND HOW THEY CAN ALWAYS SUDDENLY AFFECT THE PRESENT IS ALSO A CONSTANT THEME."

Haynes), Oliver also has to cope with a fractured home life and deal with just what happened on the island and beyond.

Arrow contains familiar themes -Oliver's attempts to be distant from those he cares about in order to keep them safe, his verbal sparring with lawyer ex-girlfriend Laurel Lance (Katie Cassidy), and his difficulty in juggling his identities. So far, so familiar to those who know and love superhero stories. Everybody has secrets here or is more than they seem: Oliver isn't the only one hiding parts of himself, for good or bad. The power of the past and past actions and how they can always suddenly affect the present is also a constant theme. The past cannot be ignored or avoided but must be faced head-on. Making choices means facing the sometimes hurtful consequences.

Oliver also isn't the only one fighting against the odds for what's right. Starling City is corrupt; people get away with terrible crimes and immorality. While Oliver fights in secret to redress the balance, Laurel starts off fighting where everyone can see her – in court. When teased that she's always trying to save the world, she replies: "If I don't try and save it, who will?" It seems a hopeless mission but it's also clearly what Starling City needs – people standing up for those who've been wronged and those that suffer, no matter the danger and pain such missions bring.

Naturally choosing this path means trouble – Laurel's father is afraid for her safety, Oliver struggles to be open and reconnect with his family. But despite the frequent stress and pain, Oliver and his allies continue to fight against impossible-seeming odds, the darkness that resides in themselves and the world. Because if they don't, who will?

Emily Russell has a degree in Media and Film Studies and works as an administrator for the NHS. She wrote Culturewatch articles for the Damaris Trust website for eight years and watches far too much science-fiction and fantasy, crime shows, and wrestling. She is married to Anthony. Her articles about films can be found at www. emilyrussellwrites.wordpress.com/





Series Three of Arrow currently airs on Sky1. Both previous series are available on DVD.





Farcry 4

he truly vast open world of Kyrat, a fictional Himalavan country that takes influence from Nepal and Tibet, is the most impressive character in Farcry 4. This most recent outing carries over the best parts from Farcry 3 but pushes the fidelity of the visuals, the frequency of chance encounters, and the number of combat options to a new level of emersion. The story, however, has been toned down somewhat, and we're saved from the most bombastic elements of Farcry 3's story (an irony soaked, extreme sports, YOLO kid version of Apocalypse Now). But yet it has not been brought down enough so that it could match the impact, breadth and seriousness of Farcry 2's story of Central Africa's postcolonial gun trade. Instead of being the best of both worlds, it ends up being a rather bland tale, punctuated by bizarre and incongruous moments of madness.

Farcry 4 is at its best when you ignore the missions and run around doing your best impression of Bear Grylls. There is a great deal of emergent gameplay that can occur from simply going walkabout. You can hike mountains, leap from the top of waterfalls, stand and watch

"FARCY 4 -AN AMAZING ADVENTURE GAME DENSELY CLOAKED IN A GREAT SHOOTER."

the wind gently sway the trees. Or you could find yourself firing your weapon blindly into the air as you are attacked by an eagle, run like the dickens from an angry rhino, or find a swimming trip go bad as your leg is chomped by a hungry fish.

I remarked to my wife more than a few times that the game could be improved by removing the person-to-person combat altogether and making it simply a game about survival: hunting, fishing, crafting, exploring. But would such a game, if it existed, really be enough to hold somebody? Could interacting with the environment alone be enough to sustain prolonged game sessions? *Minecraft* says quite loudly that it is possible. Part of the draw of

Minecraft is the lego-like possibilities it offers. Anyone who has played it will know that once you'd survived the first night in Minecraft, you've more or less beaten the game... if the task is just survival. The hook is in the infinite possibilities of how to survive. The point is not merely to survive but it is to thrive in whatever manor you see fit.

The makers of Farcry understand the power of possibility and giving the player increased agency to choose the shape of their experience. But all that ingenuity and creativity is funnelled into the combat. Let's say I wanted to take over a radio tower in Farcry 4: I could go in stealthily and dispatch the guards with silent takedowns, I could attack from a distance with the sniper rifle, I could charge in on the back of an elephant, I could even lob some bait in and hope some passing wolves pick up the scent and do the work for me. I only wish that kind of versatility existed elsewhere in the game. Farcy 4 - an amazing adventure game densely cloaked in a great shooter.

Jim is a lifelong gamer and lives in Kent with his wife and children. He is also an artist and curator. His website is www.jimlockey.co.uk and his PSN name is tearfulminotaur.





DVD & BLU RAY

With Martin Leggatt



Holmes from Holmes

ith the release of another reworking of Sherlock Holmes I thought it a good time to revisit the many screen portrayals of Sir Arthur Conan Doyles that I've enjoyed ever since discovering Basil Rathbone and Nigel Bruce as Holmes and Watson in the 14 glorious black and white adventures they shared between 1939 and 1946. Rathbone made a fantastic Holmes, tall and physically imposing with his aquiline nose and public school accent, he was the detached intellectual personified; it was just such a shame that the scripting made Nigel Bruce play Watson as a blundering yet courageous dullwitted buffoon who often came to

of what had actually happened. Holmes' long-running sparring partner, Inspector Lestrade of Scotland Yard, was played by Dennis Hoey throughout the series with the same blend of charm and dull witted incompetence as poor old Dr Watson while Professor Moriarty was shared between three actors with George Zucco presenting the best for me in *The* Adventures of Sherlock Holmes. The first two films were the standouts, especially The Hound of Baskervilles, as both were made by 20th Century Fox before the rights were sold to Universal and were very faithful to the original plots and their late Victorian settings. The later films, no doubt influenced by the war effort, were given a B-movie quality and transposed to a contemporary wartime setting with the storylines reduced to flag waving propaganda

"I WAS DUBIOUS WHEN I SAT DOWN TO THE FIRST INSTALMENT SHERLOCK HOLMES BUT BY THE TIME THE CREDITS ROLLED AT THE END OF THE FILM I WAS CRYING OUT FOR MORE."

so that Holmes fought the despicable Nazi foes. Even Moriarty was in fascist employ.

Jeremy Brett was many people's idea of the definitive Sherlock Holmes in the Granada television series *The Adventures of Sherlock Holmes* that ran for ten years from 1984 to 1994. The longevity and success of the series can be attributed as much to Brett's portrayal of Holmes with his melancholy upper-class detachment, as to the series devotion to remain unwaveringly



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HOUND

The Hound of the Baskervilles

loyal to Doyle's original writings. David Burke made a fantastic Watson, played this time as an astute and able assistant equal to the task and Holmes' saviour in many a perilous situation. Lestrade was also given the benefit of being a more than competent, conventional policeman played by Colin Jeavons with Holmes' brother Mycroft portrayed by Charles Gray (Blofeld in *Diamonds are Forever*).

Then along came Mark Gatiss and Stephen Moffat with their modern reworking of *Sherlock* which saw the impossibly sharp cheek boned Benedict Cumberbatch's Holmes recruit the assistance of Afghan war veteran Dr Watson (Martin Freeman) of the Northumberland Fusiliers. In a fantastic bit of reworking, the original stories and

putting them into a modern context, the original saw Dr Watson as the veteran of another Afghan conflict, and the incredibly clever subversion of the names of each story. The dynamic between Holmes and Watson develops into a close bromance, with each being codependant for their success. Watson is a PTSD-suffering veteran who has an addiction-like need to replace the buzz that he got from the danger of war, while Holmes, an emotionally stilted and borderline autistic sociopath, needs a sidekick to help him become human. Rupert Evans makes a fantastic Inspector Greg Lestrade, a policeman who knows that he'd often make mistakes without the help of Holmes. My only criticism of this excellent series is the casting of

Moriarty with Andrew Scott playing him as one friend of mine described as a "crazy Irish cocaine fiend"

as a "crazy Irish cocaine fiend". Guy Ritchie's modern take on the story saw Robert Downey Jr and Jude Law burst onto the big screen in a period setting, but with Mr Ritchie's unique brand of dialogue and storytelling. I was dubious when I sat down to the first instalment Sherlock Holmes but by the time the credits rolled at the end of the film I was crying out for more. Thanks be for Sherlock Holmes: A Game of Shadows. RDJ's Holmes is my favourite of the modern incarnations, an unpredictable whirlwind of ingenious methods fuelled by a cocktail of embalming fluid, coffee, nicotine and other dangerous chemicals; he is to detection what Captain Jack Sparrow is to pirates. Jude Law's Watson is a half-hearted sidekick offering a token reluctance to continue his adventures while trying his best to marry his fiancée. The storylines borrow lightly from the original source and are highly inaccurate with historical details and period dialogue, but boy what a dialogue and action galore. Rachel McAdams plays Holmes' love interest Irene Adler in both films, capturing the essence of the character from the books, whilst Jared Harris (son of legend Richard Harris) makes a good Moriarty (although he did make me think of Richard Stilgoe gone bad). Eddie Marsan gives Inspector Lestrade a bit of an edge and a more physical, rough and ready demeanour than his predecessors and there is also a nice touch in A Game of Shadows with the lesser character from the books, Col. Sebastian Moran, being developed into a larger character. If, like me, you really enjoyed these two films you'll be pleased to hear

that a third film is in the pipeline.



Sherlock Holmes
The Complete Collection



Sherlock



Sherlock Holmes: A Game of Shadows

"RDJ'S HOLMES IS MY FAVOURITE OF THE MODERN INCARNATIONS, AN UNPREDICTABLE WHIRLWIND OF INGENIOUS METHODS FUELLED BY A COCKTAIL OF EMBALMING FLUID, COFFEE, NICOTINE AND OTHER DANGEROUS CHEMICALS."





CULTURE

STYLE With Steve Legg

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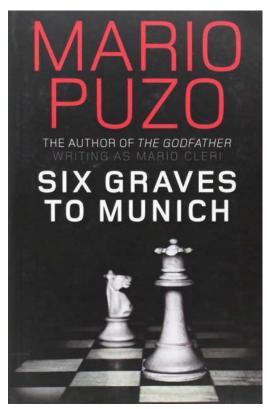
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CULTURE

BOOKS With Mark Andersor

Page Turners



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Six Graves to Munich

Mario Puzo

I am heading to Rome soon with my wife and this got me thinking about Italian culture. Stereotypes inevitably come to mind, the food, music, boys on mopeds and, of course, the Mafia. I got to thinking, if The Godfather was so good; did the writer ever write anything else of worth? He did. Six Graves to Munich is a timeless book that could go onto our screens in a heartbeat. The main protagonist, Michael Rogan, is a protégé, he comes from good stock, is entered into the military

and becomes a spy who, unfortunately, is caught. He is then tortured and executed. The end? No, this is the first chapter! The fatal bullet that is fired goes through the brain leaving him deeply unconscious. Stay with me folks! When Michael wakes up the war is over and rehabilitation is what the doctor orders. However, all Michael wants to serve is revenge. I implore you to pick this classic up. War, spying, murder and double-crosses everywhere. Still in shock!

Silent Scream

Angela Marsons

Halloween is still a long way away, but this dark book will send a shiver down your spine. This debut novel from Marsons had me confused. While I was pulled in by the intriguing pact of five people around a shallow grave, it soon turned too dark and unimpressive. Stay with it and it may turn you into an eager page flicker but I didn't enjoy it.

The Queen's Orang-Utan

David Walliams

When I decided to pick up my first children's book to review I was drawn to this one despite David Walliams bad press lately. For blokes with young kids it can be hard to know where to start when buying a book for them. Do we go classic? Or modern? Well I would suggest going for this one. Proceeds go to charity and it is actually very funny. Nice one Dave!

The Gemini Effect

Chuck Grossart

Zombies are very "in" right now. I still can't stop playing *Last of Us* on the PlayStation and don't mind telling you that I am addicted to *The Walking Dead* on Sky. So picking this book up was easy; however, putting it down was hard. Once you get over the initial shock factor, Gossart pulls you in more and more. Disease, a country in turmoil, nuclear threats – simple to read and great to get lost in.

When Faith Gets Shaken

Patrick Regan

Life's tough. We have all had our fair share of ups and down. That's why it is good to read about someone's tough journey, to give you perspective when you're finding life hard or to humble you when you are riding high. Patrick's blogs are written with such passion, emotion and drive that I couldn't wait to read his book in full. It's a tough read. Written from the middle of the storm. Sobering and endearing.

Mark was born in Belfast and developed a book and football obsession at a young age. He and wife Lisa belong to Fishgate, a church plant in Newtownabbey. Read Mark's musings at overtakenheart.blogspot.co.uk.





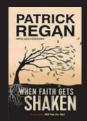


The Queen's Orang-Utan

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The Gemini Effect



When Faith Gets Shaken

Fresh Sounds

The Brilliance Brother

Described as a contemporary classical worship band, the most recent collaboration between musicians David Gungor and John Arndt actually defies categorisation. Perhaps gushing superlatives like stunning, dramatic and honest could be a good starting point to explain their minimalistic yet entrepreneurial enchantment.

From the opening bars of title track "Brother", amidst a sound palette of guitar, piano, strings and vocals, you realise they're not afraid to touch on real issues. "When I look into the face



of my enemy, I see my brother" is only a taster of themes to come. And this subliminal call for unity widens into a plea for peace in "Yahweh" and in "Does Your Heart Break", the amalgamation of cello, loops, guitar textures and emotive orchestration joins forces with a lyrical wrestling, asking us to consider our part in a world burning with injustice.

"Dust We Are And Shall Return" considers our mortality, a topic few approach with such melodic tonic and the intentionally edgy "Make Us One" is, according to Gungor, "a very crazy song and listeners will either love it or hate it." Well, this listener loves it. In fact, I love every second of this truly artistic and humble offering. With obvious skilfulness – musically, lyrically and vocally – The Brilliance have dug deep and extracted a refreshing and innovative work of art.





The BrillianceBrother



Noel Gallagher's High Flying BirdsChasing Yesterday





Third Day Lead Us Back

Jack SavorettiWritten In Scars

Jack Savoretti

Written In Scars

A relatively unknown name but this Italian English singer-songwriter has released four albums and a number of his songs have been featured on TV shows including *Grey's Anatomy* and *One Tree Hill*.

Written In Scars is a solid album with well-crafted songs that firmly navigate the perimeter of the acoustic pop-folk genre. A slightly husky yet easy-finish voice draws you into a good listening experience and whilst he may never achieve global domination, he certainly deserves greater recognition.



Third Day

Lead Us Back

With credits that include an appearance on USA's *The Tonight Show*, a song on EA Sports NASCAR 09, a handful of Grammys and induction into the Georgia Music Hall Of Fame, Christian rock band Third Day cannot be overlooked!

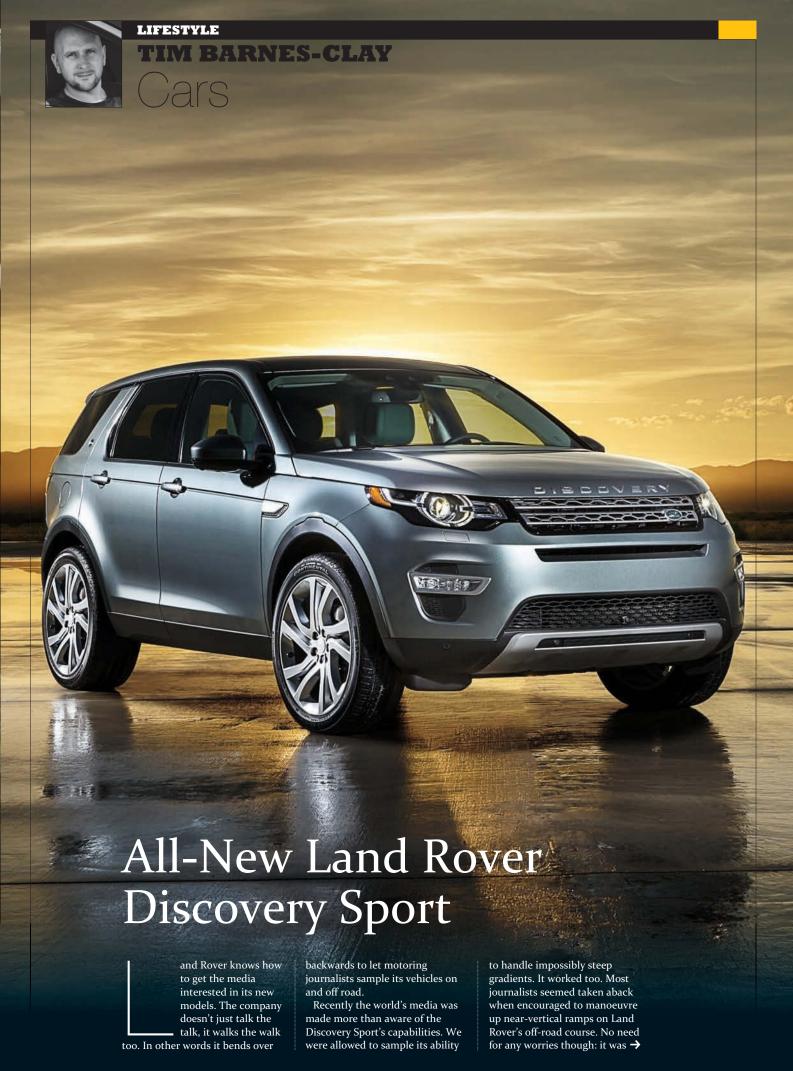
Their twelfth studio album delivers original songs of worship and provides a warm, solid and effective listen. The title track is a surprisingly short reflective one minute and 21 seconds, but buoyancy is found in "Soul On Fire" and "Maker", while "Our Deliverer" adds punch. Good production, infectious group vocals and quality songs enhance the Third Day flavour.

Sue Rinaldi travels internationally as a concert artist, worship co-ordinator, speaker and creative consultant. A self-confessed info junkie and movie enthusiast, her interest in culture, justice, technology and the future fuels her living and writing (www.suerinaldi.net).



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naximum interior configurability. From launch in the UK, the new Discovery Sport has been equipped with a powerful and refined 2.2 litre SD4 turbo-diesel engine producing 190 PS. It features stop-start technology, high-pressure direct injection, low-friction internal components and smart regenerative charging for outstanding performance and economy. Both nine-speed automatic and six-speed manual transmissions are available.

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The garden-fresh Discovery Sport is bound to build upon the outstanding success of the outgoing Disco, which quickly became one of Land Rover's most admired models. The vehicle is available in Land Rover showrooms now.

Tim is an experienced motoring writer with a background in radio and TV journalism. He puts his pedal to the metal each issue with his must-read car reviews. Tweet Tim Barnes-Clay @carwriteups www.carwriteups.co.uk.



CORGI ASTON MARTIN

Hornby Drives into 2015 with the Aston Martin DB5

Celebrating 50 years of the





he Corgi Aston Martin DB5 was first released in October 1965, almost a year after the DB5 made it's onscreen debut in

Goldfinger (1964). The car was certainly popular in its day, selling over 6,000,000 models. It also received the first ever "Toy of the Year" award.

In the wake of the classic Goldfinger film, starring Sean Connery as British agent, James

Bond, Corgi began its decades-long relationship with the Bond franchise producing many different models, including a gold Aston Martin DB5 1:46 scale model complete with retractable machine guns, ejector seat and rear bullet screen.

50 years later Hornby is unveiling a fully featured re-issue of the Corgi original DB5. There are also a limited number of special edition gold and silver models produced to celebrate the 50th anniversary milestone.

First driven by Connery in Goldfinger, the iconic Aston Martin DB5 has become synonymous with James Bond. Its second appearance in Thunderball saw exhaust mounted water cannons added to its armoury of vehicle tracker, twin machine guns, Ben Hur-style tyre-slashers, oil slick dispenser, bullet-proof shield, rotating licence plates and passenger ejector seat. After a 30year absence it returned in Goldeneye as Bond's private vehicle, while Casino Royale saw Daniel Craig win the Aston in a game of cards. By Skyfall all the special features of the Connery version had been restored to deadly affect.



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Nerdwax

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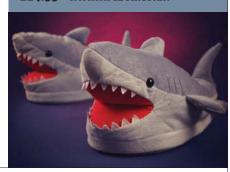
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Hawking Motivation

his year Eddie Redmayne was crowned Best Actor at the Oscars for his leading role as Stephen Hawking in *The Theory* of Everything. I must state for the record how impressed I was by Eddie Redmayne with his agonizing portrayal of the world famous scientist. One critic described it as an acting master class. Until watching this film, I had never really appreciated that Hawking is such an extraordinary man, and not just because of his scientific achievements.

For the uninitiated, *The Theory Of Everything* is an inspirational tale of amazing resilience against overwhelming odds. It tells the true story of Hawking's life from the beginnings of his postgraduate studies at Cambridge through to later life after his best-selling book *A Brief History Of Time* was published.

While studying for his PhD, Hawking received the devastating news that he had been diagnosed with the debilitating terminal illness motor neuron disease. This "HAWKING HAS BEEN ABLE TO NOT ONLY SURVIVE WAY BEYOND HIS PREDICTED LIFE EXPECTANCY, BUT ALSO TRANSFORM HIMSELF INTO AN INTERNATIONALLY RENOWNED EXPERT IN HIS FIELD."

truly appalling disease typically leads to rapid loss of all motor functions. Hawking quickly became very disabled and at the age of 21 was given two years to live.

In those bleak moments when he was first diagnosed, Hawking was in shock and lost all motivation to complete his PhD. But while he was in hospital, a boy he vaguely knew died of leukaemia in a bed opposite. In his autobiography entitled *My Brief History* (Bantam Press 2013), Hawking writes:

"Whenever I feel inclined to be sorry for myself, I remember that bov."

Spurred on by a renewed zest for life, he also developed a love interest and became engaged to Jane Wilde. Together they developed a determination not to let his difficult circumstances prevent him from completing his studies. They kept looking for different ways to overcome his worsening disability so that he could achieve his goal.

Aided and abetted by developments in technology, Hawking has been able to not only survive way beyond his predicted life expectancy, but also transform himself into an internationally renowned expert in his field, accidentally acquiring cult celebrity status along the way.

What I found so challenging about this story is that Hawking did not let his circumstances dictate everything about his life, but kept looking for ways to circumvent the major obstacles that were presented to him.

So when you feel like giving up because everything is stacking against you, why don't you give yourself a two-hour break and watch this thought-provoking and well-acted film? And if you can't get to see the film, take a trip to your local library to borrow Hawking's autobiography – described by the Daily Mail as "worth reading for its message of hope". You too should experience a dose of Hawking motivation.

Peter Horne is a qualified life coach with a passion for helping people change things in their lives when they feel stuck. He works with individuals and organisations, and can be contacted at enquiries@therealyou.eu. Peter is married with four children and attends St Peter's Church in Brighton.



ım Daniel / Focus Features

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Becoming King

David Oyelowo shares the memories and the miracles of his latest blockbuster, *Selma*.

BY JESSICA YOUNG

avid Oyelowo always believed he would portray Dr. Martin Luther King Jr. in a film on day. So he used his own dogged determination – and help from friends and a higher power – to make it happen. The result is the stunning biopic, *Selma*.

The heart of the story is that although the Civil Rights Act of 1964 legally desegregated the South, discrimination was still rampant in certain areas, which made it very difficult for blacks to register to vote.

Despite violent opposition, Dr. King and his followers pressed forward and this movie is a chronicle of Dr. King, Jr.'s (Oyelowo) campaign to secure equal voting rights by using an epic march from Selma to Montgomery, Alabama, in 1965.

Their heroic efforts culminated in President Johnson (Wilkinson) signing the Voting Rights Act of 1965. Ava DuVernay directed the film and she contributed to the screenplay written by Paul Webb, a British screenwriter.

The dialogue in the film differs markedly from King's actual speeches because the director and producers did not have access to the copyright to use the originals, but, as this noted actor emphasised, much about the film is spot on when it comes to authenticity.

Selma stars David Oyelowo, Carmen Ejogo (as Coretta Scott King), Cuba Gooding Jr., Tom Wilkinson (as President Lyndon Johnson), and Oprah Winfrey (as civil rights protestor Annie Lee Cooper) who is also one of the producers of the extremely dramatic movie. →









The film from Paramount Pictures opened in the US on Ian. o

David is a graduate of the London Academy of Music and Dramatic Art, and his recent films include the indie film, *Middle of Nowhere, Lincoln* and *Jack Reacher*, as well as Lee Daniels' *The Butler*, in which he starred with Forest Whitaker and Oprah Winfrey.

His next movie is *Nina*, the story of the late jazz musician and classical pianist Nina Simone, which also stars Zoe Saldana.

David Oyelowo, a classically trained British stage actor, has quickly become sought after in the film business. His starring role in portraying a civil rights leader who shaped a nation's history shows the story is both timeless and relevant today.

Many fans of the film say that David seems as though he was literally born to play this role. He delivers a towering performance and captures King's cadence in his many inspiring speeches. The actor becomes King in every sense of the word.

How did you go about inhabiting Martin Luther King Jr?

Well, the first thing I made sure I did was not go around Atlanta talking like I do! You don't want people thinking, what?

Then what happened?

We did a dinner for those iconic pastors. And I had the accent because I didn't want to break it. Joseph Lowery said: "So I hear that you're from England. As far as I can remember, Dr. King was not from England." And I was like: "Oh no! This is so bad." And he said: "I saw you in The Butler. I thought you were alright." But meeting them, to be perfectly honest, is part of why this is an important film to do. They are heroes in the very true sense.

What else was involved for you?

To me, sacrificial love is the greatest attribute that we exhibit, as human beings. And their faith married up with their social activism. And we live in a different America because of them. They have been so under-celebrated. So for us, that was an incredible day. You know, where they all came and in a way, anointed our film.

"GOD SAID
TO ME,"YOU
ARE GOING
TO PLAY
DR. KING IN
SELMA"."

What got you into wanting to play the legendary civil rights leader?

My wife and I had moved here from the U.K in May 2007. And in July 2007, I first read the script. We were living here with two kids at the time. We now have four. And you have this moment of, what on earth are we doing here. But we felt called to move. So I was in a time of deep prayer and was going, "Lord. I just pray this works". And then, this script came along. And I guess I was very much in a space of: "Talk to me Lord."

So, do you feel that it was your calling?

We made this big move, and I read that script. And very clearly, God said to me, "You are going to play Dr. King in Selma". It wasn't just, "You are going to play Dr. King" – it was this film. And that was so weird to me, that I started a prayer diary that day. And that's the first entry in it. That is why I know the date so clearly. It was like, I'm British. You know, I've done barely any American movies. Who on earth do I think I am? It was so crazy. But it lodged in my spirit in a way that I couldn't →



come a long way from

playing MI5 spy Danny

Hunter in the highly

successful long-running

BBC television series

Spooks, to his latest

brilliant role as Martin

Luther King Jr in Selma.

Whilst looking back

through his roles I

remembered him as Dr.

Junju in the adaptation

of Giles Foden's story of

the Idi Amin regime in

The Last King of

Scotland; a fantastic

film that showed the

incredible insanity and

cruelty of Amin's reign.

He was also in the gem

of a series No.1 Ladies

Detective Agency

before roles in big

screen blockbusters

Rise of the Planet of the

Apes, The Paperboy,

The Butler and,

recently, Interstellar.

However it is his latest

role as the legendary

Luther King Jr that has

seen him receive

Golden Globe

nominations for Best

Actor and it has caused

quite some controversy

that the film hadn't

received any Oscar

nominations at all.

Then what?

Unfortunately, he didn't agree with God! So that didn't work out.

So then you could say that God fired him?

I love that! I may tell him that when I see him, and you know, see how that goes. But so many things happened in the interim. And, to literally go from a situation whereby the director attached, at the time, didn't want me - and then to me being able to suggest a director I love, adore and knew was right, is just an extraordinary. An undeniably miraculous situation.

It must have been a thrill to work with [film director] Ava DuVernay again?

Considering that the film we had done together was a tiny \$200,000 movie. That was a beautiful movie that won Ava best director at Sundance in 2012. And then to then go to this size of movie, which is a spike for anyone, and for us to get it done, was a miracle. The miracles around this film have been undeniable, from day one.

What was most the most unforgettable time for you on the set?

When the lights went out. And literally everyone went, ooh! We had gotten to such a peak. I had prayed with everyone. The real John Lewis was in the front row. The timing was crazy! I was calling my pastor saying, the devil is up to something. He was so wonderful. He said, "David, God speaks in the thunder and the lightening. It's fine". And I was like, I don't know. But the amazing thing was that we had prayed together as this huge congregation.

Can you tell me more?

We broke for dinner, and it was this electrical storm. And combined with this sunset. The conversations were like, did you see that sky? And people were like, you'd better preach - there's a double rainbow! But it was undeniable and tangible. Whether you're a person of faith or not, we

Oyelowo learn the lines and you have a notion of how you're going to do it. And I was surfing. It didn't feel like acting. There David Oyelowo has was an energy that one could just glide upon.

How did the real locations flavor this movie, especially being on The Edmund Pettus bridge?

It was such a blessing to be in the exact place. As an actor, you're always trying to shelve acting and get to the place of being. And on that bridge, with people who were part of the march, it was very much a living memory. People in their sixties, seventies and eighties were there. We shot it in Selma, on that bridge with people that were local to Selma. They knew the stories. It's part of their heritage. And to be on that bridge with people coming up to you with stories that they remember, you're just like, oh my goodness. And the reinaction was so exact.

Tell us about the pulpit.

I was to give the speech on the Montgomery steps, in the exact same spot as Dr. King. Our genius production designer had a lectern up there for me to give the very last speech in the film. But it just wasn't right. So he walked across the street to Dexter Avenue Baptist Church, and asked if he could use the pulpit. They said: "No, it's fixed to the front of the church. But we did find a pulpit in the basement two days ago, you can use that one." And he puts it up there, and goes to archival footage. And it's the exact same pulpit. Two days before he asked, they found it. And it's the exact same one. You can see the scratches and markings on it.

What happened next?

So he called me the day that I was about to give the speech and was like, oh my goodness. It's the exact same pulpit! And I was like, don't tell me! I have to actually give the speech. I can't be dealing with the fact that God just showed up again. And it wasn't until after that I was just like, oh my goodness, the pulpit! I just couldn't. It's the exact same one. And when that's going on, you just have to go, "Okay, something else is in charge here." Just stay in pocket, and get the thing done. ■

tape, and we sent it to the director at the time.

Sorted. May/Jun 2015



Banter, Bromance and all things Blokey

'I love it. These boys are going to be huge in 2015'

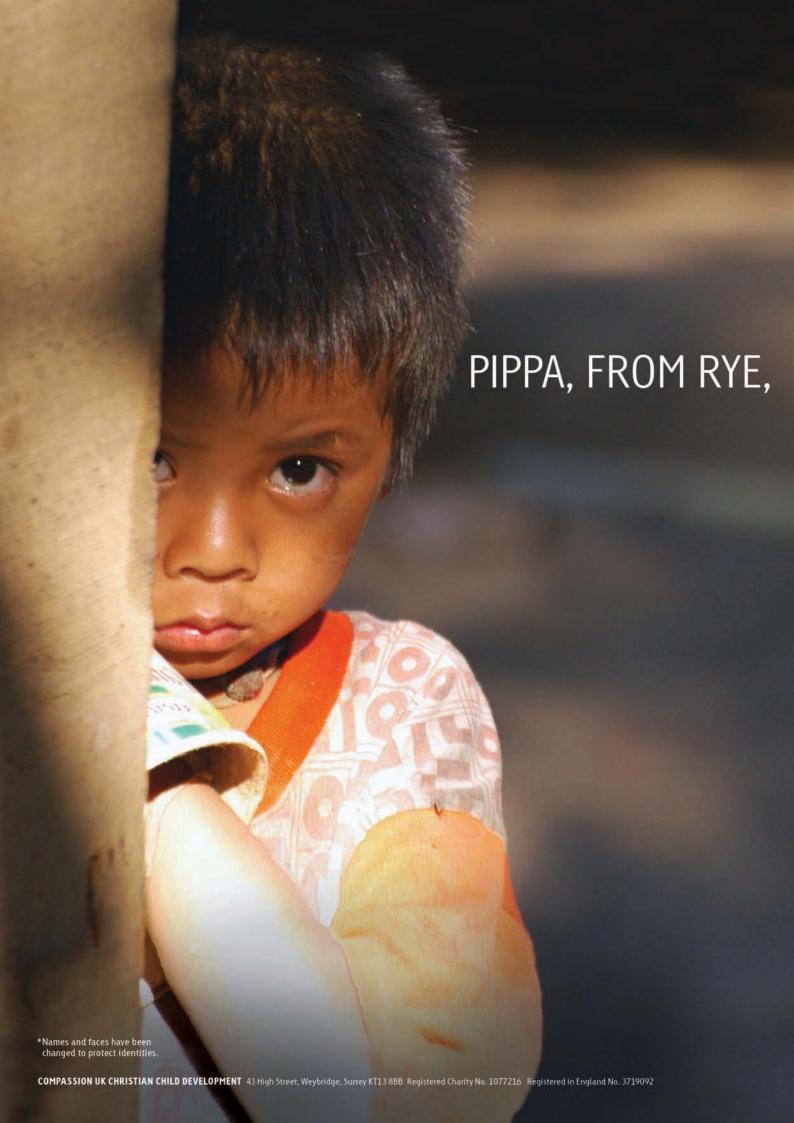
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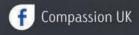
Poverty had told Saolo* there was no hope. Saolo lives in a one room shack with his parents and five siblings. Many days his father comes home from fishing without any fish. He often used to go to bed hungry.

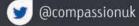
TOLD SAOLO* "I'M HERE FOR YOU"

Saolo's life changed when Pippa sponsored him for £25 a month. Now he smiles because he has food to eat, he has regular health checks, and he goes to school. Each week Saolo looks forward to visiting the Compassion project at his local church where he is loved and supported and taught about Jesus. He treasures the letters and pictures he receives from Pippa and her family that tell him he is never alone.

There's a child like Saolo waiting for you to sponsor them. Will you tell a child I'm here for you?

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The Deceptive Addiction

Sexual Healing author, Gerald Coates, talks about the importance of breaking free from porn addictions. his year Valentines Day was overshadowed by the release of Fifty Shades of Grey. It was the second-highest February film debut ever (ironically behind The Passion of the Christ released in 2004) and took an estimated £102m from 58 countries. The film, which is rated an 18 in the UK, has been described as "soft porn" and contains strong sexual nudity.

Porn is becoming more and more accessible. It is available in private on smartphones and laptops, and now it has become sociably acceptable to watch it in public on the big screens. It is not just Christians who see this is a problem. GQ recently published a blog entitled "10 Reasons Why You Should Quit Watching Porn" where the writer concluded porn has a negative impact on people's lives.

Gerald Coates believes the problem of porn is getting "worse and worse" and at the moment the world is "just scratching the surface" of this addiction. In response, Gerald has released a helpful book that tackles this sensitive subject and offers some assistance to breaking free.

Gerald Coates is married to Anona and they have three grown up sons. They live in Leatherhead, Surrey and Gerald started one of the very first house churches that became known as Pioneer People and grew into the Pioneer Network of Churches. Gerald and Anona currently lead Pioneer Engage Church in Leatherhead. Gerald is an author, speaker and broadcaster who has appeared on BBC, ITV and Radio 4 (as well as other channels).

"PORN IS VERY DECEPTIVE. IF YOU STAY ON ANOTHER TEN MINUTES YOU WILL SEE STUFF YOU'VE NEVER SEEN BEFORE."

Gerald became a Christian at a young age.

"I had an Anglican upbringing that gave me the basic story of Jesus' birth, life, death and resurrection, which I always found fascinating, but I didn't realise you could not only know about God but know him through Jesus Christ," Gerald shares. "I was invited to this Youth Camp near Salisbury, heard the gospel that I was separated by God through living for myself and all that would lead to. At my age I wasn't the world's number one sinner, I just knew my life wasn't right without God. So that night I gave my life to Christ and I've been privileged to speak to royalty and I was at Number 10 Downing Street recently, and Wembley Stadium in front of 45,000 people with Noel Richards, Delirious and Matt Redman and lots of other things but none of those are the most important day of my life.

"The most important day was when I realised I could be forgiven, cleansed and make a new start simply by acknowledging Christ was Creator and Saviour and I needed to get right with him."

Porn: The Problem

Recognising the big problem of porn, Gerald recently released his 10th book *Sexual Healing – Identity, Calling, Sexuality.*

"I've travelled around speaking and doing media work for two or three decades and due to a number of circumstances it was felt I should come back to Leatherhead because our family are around here and start something fresh and new," explains Gerald.

"I had a steady trickle of young guys contact me and say they were in trouble with porn. They were regular guys, nothing weird about them, but they were getting





more and more drawn into this world of pornography and all the behaviour that goes with it... Shame, guilt. They were asking who can I get help from? Should I tell the girlfriend? Should I tell the wife? So we wrote a book called *Sexual Healina*."

Gerald wrote the book with Nathan Ferreira who at 19 had been a porn addict for four years. He had been looking at porn everyday and had thousands of images in his head that he couldn't get rid of. Gerald says: "He told me his story so we wrote the book together.

Since the book was published, one private secretary of a member of the royal family has asked for a book and Gerald also claims it is in three other royal palaces.

"EVERY TIME YOU WATCH IT YOU ARE EITHER FUNDING PROSTITUTION OR SEX SLAVERY."

"I was with the Archbishop of Canterbury the other evening and he has read the book and takes an identical position as we do on all that's in it. Also his son contacted me to say he wished it were in every church, school and college because it's the only book of its kind in the country. There are books for pastors who might be doing studies on sexuality and pornography but a book you can actually put in the hands of someone who is spiritual – this is the only one that deals with those sorts of things.

"There's another book called PFS (Paying For Sex) written by a friend of mine David Holland and he tells his story of an addiction and how he got through it (an amazing book and worth getting)."

Gerald adds: "We've done about 35 different events – reaching hundreds of men. It's been depressing and exhilarating. Depressing in that about 30% of leaders in churches look at porn once a month. About 70% of people who claim to be Christian are also looking at porn about once a month. Because of iPhones, as well as laptops, the average age guys are hunting for pornography is 13. They are developing patterns of behaviour by 14 or 15 and a number are either porn reliant or porn addicted by 16. On the basis that the average age a guy gets married now is around 29 or 30, that means a guy has been sexuality active with himself and thousands of images of porn for over half his life!

"What scientists have now discovered is porn addiction is even greater than drug addiction and the brain is re-wired. The more you serve it the more it gets re-wired. Our book has practical help, spiritual help and Nathan for example from the first day I contacted him, has gone from that week to the end of the year without watching one minute of porn. Just through the teaching of the book.

"I had a letter last week saying 'I'm a married man, I've got two grown up children, I'm a leader in a church and I read your book and I've been free for several weeks'. Which doesn't sound much but when you've been looking at it for years, the chains fall off and guilt goes. I'm mainly talking about those who say they are spiritual or Christian in some way. Imagine what its like for those with no Bible, no close Christian friends, no accountability, no Holy Spirit. It's a dreadful situation."

Gerald says the problem is porn is anonymous, available and free! It is easily accessible, it's sitting there all the time.

"We're all sexual beings," says Gerald. "When I was much younger if you wanted to look at porn you'd have to go into a newsagent and buy one. A lot of guys just won't do that. It had a restricting effect. But then it was available on a laptop. As one guy said to me, 'I got free for a year. Then I got an iPhone and one night I was sitting in bed looking at how this wonderful thing •

works and what it could do, and all the things I used to see on my laptop which I've now blocked are on my iPhone'. Blocking devices don't work there. So I helped him out of it and we've raised up a number of champions in different parts of the countries to help other guys.

"People who aren't Christians have said to me, 'I know I'm watching too much porn'. A lot of young people brag about what they're seeing. They think it's funny and they're showing off and they show their friends at school etc. and then in private guys go and look at it and then they find they can't get out of it. There are a lot of people that are decent people but they are caught up in this spiral. They intuitively know – this can't be right. They've seen it all.

Some guys who are not gay look at guy on girl, girl on guy, then they look on girl on girl and then they eventually look at guy on guy and it is not because they are gay, they've probably never had a gay thought, but they are just looking for new material and it is very deceptive.

"Porn is very deceptive. If you stay on another ten minutes you will see stuff you've never seen before. You can go down the route of virtual rape, horrific violence. Everyone knows this – when you look at porn there are only two sorts of people that make it. One is prostitutes, who are paid to do it and the other are sex slaves that are forced to do it. So every time you watch it you are either funding prostitution or sex slavery and that's why it is so important to get out of it. It will also help you in relationships.

"THE AVERAGE AGE GUYS ARE HUNTING FOR PORNOGRAPHY IS 13."

"Just quite recently a guy said to me 'I've been looking at this since I was like 14-15 and now I'm in my late twenties and with my girlfriend I just acted out what I have seen hundreds and hundreds of times on the screen'. The relationship broke down. He then started with someone else and he realised that his model for relationships is not friendship, getting to know someone, respect, honour and eventually starting a sexual relationship. It actually begins with the end. And it is now expected that even on the first date it will end up with sex somewhere with the guy acting out what he's seen. This is mainly people who I would say were spiritual, many of them Christians."

Porn: Breaking Free

So how are people meant to break free from an addiction where temptation is all around? Firstly, Gerald says his book will help. "It's a Christian book. It is written by a young Christian and myself for people with some sort of sense of Christianity and spirituality. We do use Bible verses to help because the Bible is very, very powerful. But, it's the sort of book anybody could read."

Secondly, Gerald would urge you to ask yourself this simple question: Is this how you want to live forever?

"We need to change our thinking before we can change our ways and porn does bring on depression; it re-wires the brain. It affects our effectiveness in life and fruitfulness in life. I've had people give up on school, give up on college, give up on courses because they just continued to be distracted. It is a sackable offence. Many companies treat looking at porn as a sackable offence! The majority of porn is looked at nine til five on Monday to Friday in this country. It actually takes place at work and then companies are paying you to look at porn and you can get fired for it.

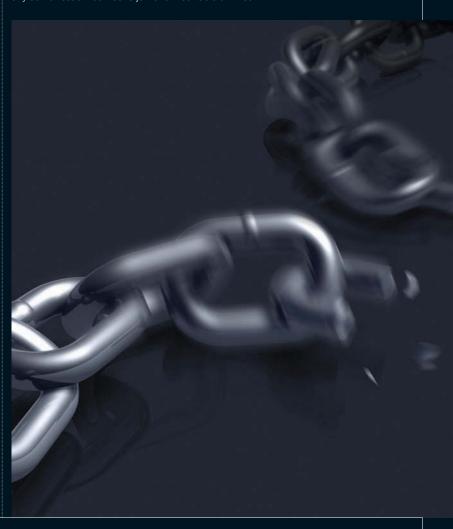
"WHAT SCIENTISTS HAVE NOW DISCOVERED IS PORN ADDICTION IS EVEN GREATER THAN DRUG ADDICTION."

"Simple things like, if porn is a problem what is your laptop doing in your bedroom last thing at night? Why don't you charge your phone up in another part of the house and not have it in the bedroom? Who's going to phone you at 11pm? It is just temptation sitting there and there are practical things that can be done."

It is important to know you don't need to battle this alone either. You can read Gerald's book, talk to someone you trust – find someone you can be accountable to. There are programmes that can block porn from your laptop, other books you can read and groups that will help.

A good community is essential. Surround yourself with people who don't want to look at porn either, align yourself with someone who will challenge you and encourage you. No one goes to war alone. You can fight this, surround yourself with people who will fight this war with you.

The week beginning May 31st – June 7th Pioneer Engage Church, will be having two Sunday healing meetings to pray for the sick and help those with emotional and mental needs. The church will also be going in to two schools to speak to students, putting on a lunch for VIPs across the area where the gospel will be explained by Jonathan Conrad and then they are looking at doing a family fun day right in the centre of Leatherhead in a big park with a band, sports, free burgers and a tent where folk can go and receive prayer for any sort of issue. Feel free to join and meet Gerald himself.





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ames Ray is the CEO of the 4th Musketeer's in the UK. He grew up in Norfolk and was born into a Christian family. "My parents were committed to raising all of their sons in line with their biblical understanding, so we were given little option to shy away or stray from the path. Nonetheless, they were also keen that each of us in turn made our own commitments at the right time and we each did," James explains.

"WE ARE NOT ALL **SUPPOSED TO BE THE** SAME, NOT SUPPOSED TO **LOOK THE SAME OR EVEN** TO ACT THE SAME."

"I 'became a Christian' - or prayed a prayer of commitment - at the age of seven having watched my younger brother slip into some ice cold water and nearly drown. The impact upon me was profound and I was deeply challenged about life after death and how to be assured of life in heaven."

James has been involved in leading since a young age. He set up a fathering series called Me & My Dad, which is designed to inspire and equip fathers. He describes himself as "extrovert", "confident", and a "risk taker" who's not afraid to get stuck in.

This spring sees the launch of the UK branch of 4M a men's movement that seeks to inspire every man's heart and create worldwide waves of justice. The vision is reached through challenge and adventure.



The 4M mission is primarily carried out by Xtreme Character Challenges (XCC) and Muskathlons. This April XCC will take place in the Highlands of Scotland. While most of it remains a mystery, what can be revealed is that it will be an opportunity for men to experience adventure and risk and be taken out of their comfort zones. There will be a mixture of challenge and spiritual input.

Men of all ages are welcome as long as they have a basic level of health and physical fitness. The weekend is primarily geared towards guys who have seen a bit of life, established a routine for themselves - a lifestyle that can then be challenged, and effectively shaken.

Anywhere between, 100 and 300 guys partake in the events, operating as self-sufficient groups of ten.

While being fit, rough and tough will no doubt help men complete the challenge, the XCC entry requirements aren't as high as you may think. If you can go for a strenuous walk, run for 20 minutes, walk up a flight of stairs without loosing your breath or do 20 situps without too much bother then you're fit enough for an XCC. "It's not just for triathlon athletes and

What attracted James to the 4M mission and why should others get involved?

I believe that we are all called to express our masculinity differently - I believe it is unique and we are not all supposed to be the same, not supposed to look the same or even to act the same. This is a common idea, but sometimes men's movements can promote a tough or gruff attitude - this can be great for some men, but doesn't work for all and is certainly not a measure of ->





what a real man is. Some of the toughest guys I know are the kindest, quietest most unassuming people. So I thought 4M would be just like every other combination of outdoors and groups of men. But it isn't. It is different.

"LIVE A LIFE THAT IS MORE EXCITING, MORE CHALLENGING AND MORE REWARDING THAN ANYTHING WE COULD IMAGINE."

There is no competition. Winning isn't celebrated. Challenge is individual and more important traits like humility, honesty, kindness and justice are promoted. Men are encouraged to battle with themselves and their God – other men are not their concern. Of course, there is significant physical challenge and a basic level of fitness is required, but the external challenges like cold and wet, or up-hill and far away are just mechanisms to expose what's really inside, what's in

the deepest parts, the parts that are harder to reach than the summit of a hill.

The physical elements help uncover the emotional and spiritual elements and these are the important things that need addressing. We need to be ruthless with ourselves and 4M create the right space for that.

When was the last time you intentionally took a risk? We live in a risk adverse culture. We try to protect ourselves from all sorts of risk – and this is largely a good thing. However, someone once said: FAITH is spelt R.I.S.K. So we need to take risks. We need to risk our reputations and the things that comfort us – like money – we need to spell out our faith with risk and throw it all in for the chance to live a life that is more exciting, more challenging and more rewarding than anything we could imagine. I know you will know this. But do we do it? Do we seek this lifestyle out? Well, join in with 4M and you will be able to say an emphatic "YES" to these questions.

It's also essential that men stand up for the poor, the marginalised, the orphan, the widow, the persecuted, those trapped in slavery. After all, invariably, it's other men – men often just like us – who've put them there! 4M will help you do that.



What was James' experience of the XCC?

I did an Xtreme Character Challenge in Belgium. I was invited to the one before this in Scotland, but I said no because it might be too wet and cold up there – so I know what some of you will be thinking! Don't let that put you off; it was wet and cold in the Ardenne forest too! We walked, ran, talked, climbed, built, shared, followed, trusted, listened, hugged, stood, cried, cooked and waded. The phrase 'you shall see' is used lots over the 72hrs. We men love to know the plan. We want to be prepared and to be in control. But life isn't always like that and nor is a XCC. So I'm not going to spoil it either!

You need to be prepared to work together, to follow instructions, to be honest with yourself and let the experience wash over/through you. It was certainly hugely transformational for me and I'm convinced its one big solution to 'what to do with men' in the UK.

I actually was really surprised at how what seems like a reasonably steady paced 72 hours of challenge, left me on Sunday feeling completely re-energised, even through my life on Monday morning, I was surprised the lasting impact it had on me without me even noticing it.

In light of Father's Day, what does being a father mean to James?

It means I have a responsibility to lead and guide, to serve and help, to love – even when I don't want to – and to remain faithful to people more precious than every other thing in my life. I'm mostly bad at this stuff, so it also means showing weakness and learning how to say sorry quickly.

I wonder if it is even possible for us to ever clearly define the role of dad? It's certainly very hard; each of us has a unique viewpoint and we all share slightly different ideas. Of course, personal experience plays a significant role in this process and it's surprising how much we end up becoming like our parents – even the stuff we don't like, for some strange reason, we start to copy them.

As dads, I think it's important to look at this. To see where we are making the same mistakes, to check if the memories we suffered are the memories our children will also suffer. It's important to address some of this stuff and to deal with it. We dads need to explore together how we can still be fantastic fathers even in the areas that our own dads were lacking or absent.



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One option is to find a good model of fathering and to learn from it and to copy it. Perhaps you know other dads that you admire. It's good for us to learn from each other – to acknowledge that we're not the perfect specimen father, that we all have weaknesses and that we all need help. I know I do! 4M is an excellent mechanism for this sort of interaction too. Not only do we offer 'father-child' bonding weekends, the chance for men to get together and talk about the struggles of life – especially fathering – are deliberately created and we don't settle for bland or average – we challenge fathers to be the best they can be!

While hundreds of Dutch, German and Swiss men have found God in previous years, 2015 marks the first ever British XCC. So what are you waiting for? Register for the first ever 4M UK XCC. It's being held from April 23-26 in Scotland. Are you ready for the challenge? Visit www.4MUK.com to book your place.



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Doing the Right Thing

Over the last 20 years Denzel Washington has been one of the most consistent box office draws in Hollywood. He explains how his preacher father, his wife of 30 years, and the Bible, have been the cornerstones of his success.

BY MATTHEW KETCHELL

Washington is not a celebrity. He's an actor. A theatre-trained actor at that. "My job is to act and I want to be good at it. I'm not even trying to be famous; I'm just trying to do my work," he says firmly. His work is rarely anything less than brilliant. A Soldier's Story, Glory, Malcolm X, Philadelphia, Training Day, The Hurricane and American Gangster are just some of Washington's career highlights – all iconic roles that have left him regarded as one of Hollywood's most prestigious leading men. He's the last of a dying breed, uncontaminated by the Hollywood razzmatazz, a pure film actor. "I don't read reviews," he admits "But you get a sense of what's going on. And that feels good."

et's get one thing straight: Denzel

His latest film, *The Equalizer*, sees Washington playing righteous vigilante, Robert McCall. It's a loose remake of the 1980s TV series set in New York, which saw Edward Woodward play a British, suited, silverhaired lead with a fondness for handguns. Denzel's version of Robert McCall doesn't fire a single shot; instead he prefers to use tools and objects that surround him as his weapons. The fact he works in a DIY superstore comes in handy (at one point he uses a nail gun grabbed straight off the rack to stop a bad guy) and things get violent. Very violent.

"I'm not necessarily drawn to violent characters but I understood this man's dedication and resolve,"

Washington explains. "He wants to live a quiet life but circumstances intervene and he can't back down. He lives by a personal code of honour and he's not someone you ever want to cross, to put it mildly!"

Washington's interpretation of Robert McCall is complicated. He exudes the trademark Washington bestows on many of his characters. He has a violent past but is making an attempt to go straight and atone for his sins. "He wants to do the right thing, basically. He's promised his wife, who's dead, that he wouldn't go back to being the kind of violent man he was before, but he feels compelled to use violence again in order to defend this girl he's gotten to know."

The film kicks into action when McCall decides he can't tolerate what's happening to a teenage streetwalker (Chloë Grace Moretz), who is being preyed upon by Russian mobsters. It's a further step in the right direction for 17-year-old actress and model Moretz. Washington was left impressed by her. "She's a pro. She knows exactly what she's doing and she delivers the goods. It's amazing to see someone that young who's so astute at what she does and approaches the work with complete dedication and discipline."

In the film, Washington's character uses his deadly skills to defend her. The result is an all-action, explosive drama, with the added depth that having Denzel Washington play the lead brings. "He [McCall] finds a renewed purpose in life and that brings him out of →





his very isolated existence. But he's a long way from healing himself. He's been trying to get on with his life by living quietly even though he suffers from insomnia and OCD and isn't a very happy man." The OCD aspect was a dimension Washington purposely built into the character. We watch McCall meticulously fold napkins and place cutlery precisely. In one scene we even see him painstakingly open and close the door of a bad guy's office four times. It builds a neat rhythm and offers a balanced and contrast to the extreme bouts of violence McCall is capable of.

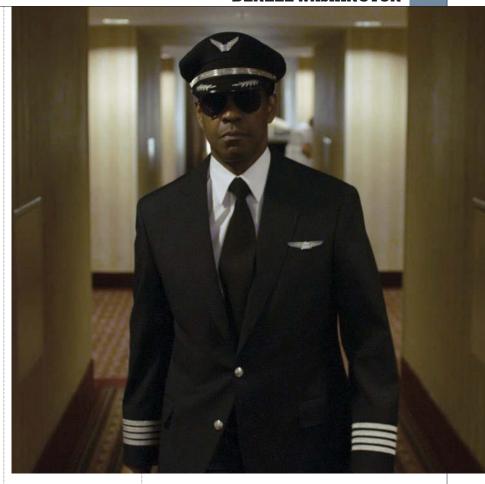
Despite turning 60 this year, Washington excels in the action sequences, filming over 90 percent of scenes himself. Navy seals were drafted in to help train the cast. "I spent about six months training, boxing and doing martial arts work in preparation. Even though it can be exhausting there's a lot of satisfaction in getting your body in optimal shape and also being able to execute all the stunt work." Boxing is familiar territory for Washington, who had been training in the for ring years prior to being cast as Rubin Carter, in boxing biopic *The Hurricane*. "I've been boxing for a long time and of course I did some very serious training to do *The Hurricane*, so I'm no stranger to getting into a ring and getting ready for a film like this."

Sony Pictures have earmarked *The Equalizer* as a potential franchise after it tested through the roof prior to release, reportedly notching their highest ever scores for an R-rated film. It would mean convincing Washington to star in his first ever sequel. "I've been asked to do other film 'part twos' before, and I didn't," he says. "But I haven't read a script that was good enough. So I'm not just doing something to be doing it. I don't work like that. It's gotta be on the page. And I don't care how much money it made, it's gotta be good first. You know, a part two, it's gotta be really good."

He also insists that he doesn't necessarily feel compelled to play characters with an inspirational quality, despite the pattern. "It doesn't work that way. I won't play purely evil characters or make a film which has no moral reference or grounding. But if you look at my work, I've made a fair number of violent films as well as films from a variety of genres. My only guide to choosing films and roles is that there is some underlying morality and something which points us towards good rather than evil."

Recently Washington played Whip Whittaker in Flight. It was a brilliant portrayal of a miracle-pulling, alcoholic pilot, and a performance for which Washington was unlucky not to complete his hat trick of Oscars. Unsurprisingly, Daniel Day-Lewis triumphed that year as Lincoln. "It's interesting to be able to play flawed characters. I've played a lot of noble figures in my career and you get tired of being respectable and dignified," he laughs. "I liked the guy I played in Flight because he was riddled with problems and, like a lot of people, didn't know how to pull his life together. That's where it becomes a puzzle for an actor to solve and you get into the head of someone who's struggling in life."

For the same reason, *Training Day* is a film that resonates with people. Washington's character, Alonzo Harris, reveals himself to have some serious issues as the film unfolds. He takes a rookie narcotics officer (played by Ethan Hawke) on a 24-hour training course and exposes some extremely rogue policing methods he uses.



The role earned Washington an Oscar for Best Actor. The director was Antoine Fuqua, who he has been reunited with for *The Equalizer*. How come it's taken so long (12 years) for the successful partnership to reunite? "We had planned a few projects together but they never came off. We were supposed to do *American Gangster* together but that didn't work out for various reasons, but I knew that we would eventually work on another film." Ironically, Fuqua will direct Washington next year when they film MGM's remake of classic western *The Magnificent Seven*, with Kevin Costner and Matt Damon. Washington replaced Tom Cruise in the line-up. "Hollywood is a funny place sometimes," he smiles.

He can afford to be choosey when selecting films. The iconic roles show no signs of drying up, but Washington remains resolutely unassuming. "You don't want to get ahead of yourself. You stay humble and see what happens." At the forefront of his life is the Bible. He has read it three times front to back, along with some of the Koran and the Torah. His father was a Pentecostal preacher for 50 years and faith is something that still impacts the actor greatly. "Every day, every moment of my life," he admits. "My father was the greatest personal inspiration of my life. I draw strength from his memory and his unshakable belief in the power of all us to achieve something positive and beneficial and wonderful in life."

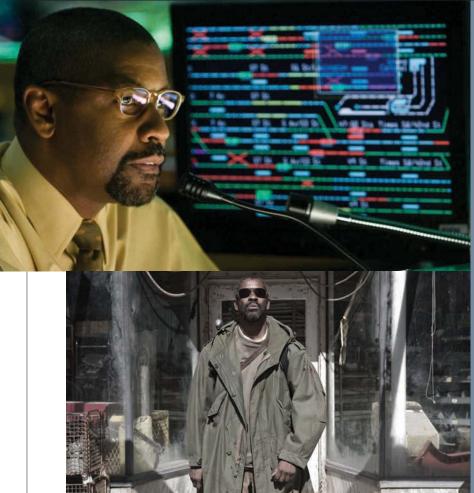
Could he have ever seen himself following in his father's footsteps as a preacher? "I don't know if I could have been as committed and dedicated to the Church like he was." In 1999, Washington told an interviewer: "A part of me still says, 'Maybe, Denzel, you're supposed to preach. Maybe you're still compromising'."

"I do think I possess an inspirational streak in me like he had. I know I have the desire and impulse to want to encourage people. Make people become better. Lift them up when they're down or gone down the wrong path in life. I believe we can all help each other if we want to. I wouldn't want to go through life saying I didn't help. Whenever I'm down or feeling sorry for \Rightarrow



"EVEN THOUGH IT CAN BE EXHAUSTING THERE'S A LOT OF SATISFACTION IN GETTING YOUR BODY IN OPTIMAL SHAPE AND ALSO BEING ABLE TO EXECUTE ALL THE STUNT WORK."

DENZEL WASHINGTON



myself, I take great solace in my father's faith and spiritual strength. He was a rock. Just like my wife, Pauletta. I could never have achieved what I've been able to accomplish as an actor without her love and support behind me."

In mid-2014 a video went viral on social media that showed Washington deliver an inspirational speech to a group of young actors. He talks passionately and eloquently about God, acting and life goals.

Unsurprisingly his audience are hanging on his every word. At one point he even offers some sage advice on prayer. "I pray that you all put your shoes way under the bed at night, so that you gotta get on your knees in the morning to find them. And while you're down there thank God for grace and mercy and understanding. We all fall short of the glory; we all got plenty. If you just start thinking of all the things you've got to say thank you for, that's a day. That's easily a day."

"THE GUYS I WAS HANGING OUT WITH AT THE TIME, MY RUNNING BUDDIES, HAVE NOW DONE MAYBE 40 YEARS COMBINED IN THE PENITENTIARY."

Washington has been married for three decades. He met his wife on the set of his first screen work, television film Wilma. They have four adult children together. In 1995, Denzel and Pauletta renewed their wedding vows in South Africa with Archbishop Desmond Tutu officiating. The whole of Hollywood is dying to know their secret to a long and successful marriage. "No one has a drama-free existence. You just don't hear about it. There's no perfect situation. There's no magic pill. People say, 'You know

Martin Leggatt on...

Denzel Washington

Denzel Washington has an incredible back catalogue of fine

performances in powerful roles, including winner of Best Supporting Actor Oscar for his role as Private Trip in the civil war epic Glory and Best Actor Oscar as the corrupt L.A narcotics cop mentoring the young and innocent Ethan Hawke in Training Day. Here are some of my favourites: Denzel's filmography has an extensive catalogue of biographical roles in which, no matter the role, he brings a steady and dignified gravitas and overriding sense of compassion such as South African civil rights campaigner Steve Biko in Richard Attenborough's biopic Cry Freedom and the title role in Spike Lee's biopic of Muslim minister and civil rights leader Malcolm X, to who he gave a sympathetic yet steady portrayal of Islam that the modern press would do well to replicate. He teamed up again with Lee to play Jake Shuttleworth, a convicted wife killer and father of a college basketball star in He Got Game and followed up the theme of social injustice to play Rubin 'Hurricane' Carter in The Hurricane, the true story of a boxer who was wrongly convicted of a triple homicide based solely on the corrupt evidence of the main suspect for the crime, Alfred Bello. Denzel collaborated on many films with his good friend, the late, great Tony Scott, in action thrillers Crimson Tide, Deja Vu, Man on Fire, Unstoppable and he was the only real saving grace in the dreadful remake (more to do with the casting of John Travolta) of The Taking of Pelham 123 in which he accomplished the impossible in filling the shoes of the great Walter Matthau.

Flight saw him receive another Best Actor Oscar nomination for his highly acclaimed performance as veteran airline pilot Capt. Whip Whittaker who saves the entire crew and passengers of his airliner after it loses control and performs a miraculous crash landing. The story unfolds revealing Whittaker as a drug taker and alcoholic who might not quite be the hero everyone believes him to be. The result is a thought-provoking film that questions the concept of "hero" and how we choose to define heroes according to our own shifting sense of morality.

His remake of TV series The Equaliser starring Denzel, Chloe Grace Moretz and Bill Pullman, McCall (Washington) is now a formidable ex-Special Forces black ops specialist, who, having tired of his old life, has faked his own death to live an anonymous existence in Boston. The quiet life can only last for a short time before he is awakened into battle against formidable Russian gangsters. The plot of the film follows pretty much the formula from any of the series episodes, with McCall hired to track down and rescue a missing girl.

about marriages in Hollywood?' I say, 'It's the same for marriages anywhere. You have to work at it."

Maybe the determination to create a long-lasting marriage stems from his childhood. "My parents were divorced. I'm from a broken home, so it wasn't all cheery, that's for sure," he says. The split happened when Washington was 14 and his mother subsequently took the decision to send her son to a private preparatory school in New Windsor, New York. In interviews Washington has admitted the decision "changed his life" as he was heading in the wrong direction. "The guys I was hanging out with at the time, my running buddies, have now done maybe 40 years combined in the penitentiary. They were nice guys, but the streets got them. You grow from the experiences you have in life. You can either make that work for you or let it work against you. I've always chosen to make the most of every opportunity and work hard to be a good man and lead a good life." It sounds like a good blueprint to live by. ■





Running on Empty

Patrick Regan OBE talks about the importance of rest and looking after yourself as well as others.

o you ever feel like you're judged by what you do and what you can achieve? Even if no one says it to us explicitly, we can be left with the unsettling feeling that we should always be doing something. What value could we have if we're not busy, not on the go, and not achieving all the time? For many of us exhaustion has become a status symbol. It's a standard response when you ask someone how they are for them to say "really busy" or "things are crazy at the moment". I hear myself saying it all the time and when someone comments on the fact things always seem to be busy for me I try and justify myself explaining exactly why this is the busiest season. And there's always something that tips over the usual busyness of life into the chaotic isn't there? There's always a reason why we could put off resting. We snatch bits of time but it's often the equivalent of putting your phone on charge for five minutes when the battery is dead - you get just



enough to see you through but not enough to keep you going for very long. We know resting is important, so why don't we do it? Mike Yaconelli says: "Rest is the ultimate humiliation, because in order to rest we must admit we are not necessary, that the world can get along without us, that God's work doesn't depend on us." Ouch. Maybe he's got a point.

I recently had to undergo limb reconstruction surgery that meant wearing a huge metal frame around my leg

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for six months. The whole process took me to the very edge of my physical, emotional, spiritual and mental health. The lengthy recovery process meant I couldn't work for a long time and it was unbelievably painful to see life going on around me and feeling like I couldn't contribute. A therapist warned me that once the frame was off I had to remember I was still in recovery and wouldn't be back to my usual self for a while. I nodded but inside all I could think was that I couldn't wait to be shot of the frame and get back to normal. I felt like I'd already lost enough time sitting around, so once the frame was gone I threw myself back into everything I had been missing out on. At long last I could work, play with my kids, and help out around the house and I waited for the euphoria to kick in... but it didn't. I felt empty. The words of the therapist came back to me: whilst I was recovering physically, I wasn't coping mentally or emotionally.

There was no magic wand, no quick fix; it was going to take time to get better. My wife, Diane, kept saying to me: "You wouldn't dream of putting others under the pressure you put yourself under." So many of us do that; we set impossibly high standards for ourselves whilst having grace for other people. I began to see the impact it was having on my family. I was low and irritable and would snap over the smallest of things. This put a huge strain on my marriage to the point where Diane asked me to consider taking anti-depressants – something she'd never done before. It was the jolt I needed to see how this was hurting the people I loved. My therapist said she could give me anti-depressants but it could take up to six weeks for them to have any impact and she knew I needed to make changes straight away. I



The Duke and Duchess of Cambridge recently visited XLP.

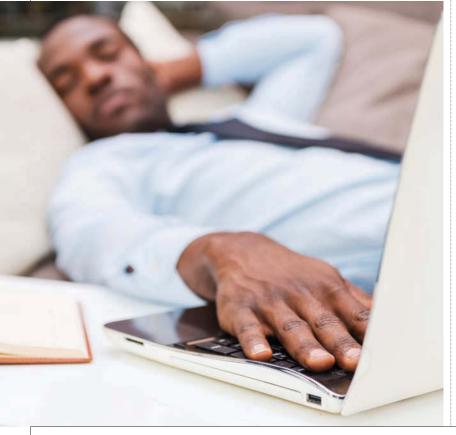
needed to start looking after myself better, not just for my sake, but for the sake of those around me. I've always struggled with the concept of self-compassion as it seemed to be inward looking or selfish but I'd missed the point. Jesus told us to love our neighbours as ourselves. We can focus on the "loving our neighbours" part of that command and forget that we should love ourselves too. I realised I needed to redefine self-compassion as learning you are a human being that is loved by God. It's about giving yourself a break.

Even if we know in our heads we need to "work, rest and play" as the old Mars Bar adverts used to tell us, we're not always sure how to go about it. I realised I needed to be intentional about making room for rest and relaxation in my lifestyle; they weren't just going to happen by themselves. Doing that meant I had to choose not to listen to the voices that said to me, "You can't take time off; just think about all the work you need to do. You can't play with the kids; it's not on the 'to do' list. Stop wasting time; the less you achieve today the more you'll need to catch up tomorrow." I began going to the gym and as my physical confidence grew and I got stronger, I noticed my mental health improved too. You don't often hear going to the gym, finding time to read, hanging out with close friends, or going to the cinema described as spiritual activities but they can be vital to our wellbeing. God is with us in the "ordinary" places as much as he is when we're at church. We can engage with him when we're hanging out with friends at the pub, playing with our kids in the park, or listening to music on our way to work. We have to find the things that relax and refresh us and make regular space for them, committing to them in the same way as we would our work or church commitments. These aren't optional extras that we can leave out of our lives without consequence, these things give us life.

Elijah – a depressed and exhausted prophet

One of my favourite Bible stories growing up was of Elijah the prophet who lived in the time when the morally weak Ahab was king. The people chose to worship Baal, the god known as the storm and the rain, elements that were very important amongst people who made their living agriculturally. They thought if they gave Baal the right offering he would look after them, and they would whip themselves and even sacrifice children in order to please him. It was in this context that Elijah told Ahab and his wife, Jezebel, that there would be no more rain until he said so (1 Kings 17:1). It was a bold and hugely insulting statement; no wonder God told Elijah to get out of there as quickly as he could. He sent him to Kerith Brook where ravens fed him meat and bread, and he could drink from the brook. But with no more rain coming, the brook eventually dried up. Kerith Brook was hot, and uncomfortable, Elijah had no human contact and only the ravens bringing food reminded him that God had not forgotten about him.

It was three years after the rain stopped that God told Elijah to go back to Ahab and he had the infamous showdown with Baal's prophets on Mount Carmel (1 Kings 18). The prophets of Baal called on their god to set fire to a sacrifice they had set up. They cried out for hours until eventually Elijah began to taunt them. They prayed louder and even cut themselves with swords and knives in the hope Baal would act. Nothing happened. So Elijah took his turn. He had 12 large jars of water poured over his sacrifice until water ran around the altar and filled the surrounding trench. Then he prayed and God's fire fell and consumed the offering. What a victory! The people fell facedown, overwhelmed at what they'd seen and Elijah ordered that the prophets of Baal be put to death. Elijah knew the rain would now come after the →





"WE HAVE TO BE KIND TO OURSELVES AND RECOGNISE THAT GOD DOESN'T DEMAND ANYTHING FROM US."

long drought and sure enough it did. Surely Elijah thought this was it, job done. God had proven himself. But Jezebel wouldn't back down. Instead she threatened to track Elijah down and kill him. I don't suppose that was the ending to the story Elijah was expecting and I can't imagine the overwhelming fear and disappointment he must have felt. Just because God was with him didn't mean everything worked out smoothly and it's something we all have to face at one point or another: things don't always work out the way we want them to. Our prayers don't always get answered with a "yes". People get ill. Relationships break down. Accidents happen. Redundancies are made. People can't always have the children they long for. Test results come back with terrifying news. For Elijah it was all too much. He ran for his life and found himself in the desert (1 Kings 19:4). His desperation is clear in his prayer: "He came to a broom bush, sat down under it and prayed that he might die. 'I have had enough, Lord,' he said. 'Take my life'."

He was crushed by disappointment; he didn't want to live. But I love this passage because it shows us something so wonderful about how God treats us when we get to the end of ourselves. He didn't tell Elijah to cheer up, or berate him for losing faith. He didn't remind him of the great victory that had just been won and question why that wasn't enough. He didn't make him recall previous miracles and find inspiration there. He didn't try to tell him better days were ahead if he would just keep going. Instead he sent an angel to care for him tenderly, providing him with food so that he would have the strength for the rest of his journey. Elijah was exhausted. He didn't need a pep talk, he needed compassion. When he had regained his strength God spoke with him in a gentle whisper; one of the most intimate encounters that we read about in the whole of the Bible. Then he spoke again, challenging Elijah's false assumptions and telling him the plan for

what he needed to do next. Elijah felt like he was the only one left. We might not be being pursued by a King intent on our death but in our struggles we often feel like we're the only ones. The more I have opened up to others and told them about the things that are painful in my life, the more I have found how many of us are in the same boat. Elijah might have felt alone but God reminded him there were actually 7,000 others who hadn't bowed down to Baal (1 Kings 19:18), though they too may have been hiding in fear.

Life is full of battles and disappointments that can leave us worn-out, depressed, feeling hopeless, isolated and at the end of ourselves. Many of us have had moments like Elijah where we wonder if we can even carry on anymore. These aren't the times to beat ourselves up for not having a better attitude or to criticise our ability to persevere. We have to be kind to ourselves and recognise that God doesn't demand anything from us. He loves us and wants to take care of us as he did Elijah. He is kind to us and that's why he asks us to regularly rest. Life takes it out of us and we need to stop seeing rest as a luxury to be squeezed in but as an essential part of life that fuels everything else we do. Resting and playing well will mean we are able to work to our full potential without killing ourselves along the way. This isn't about being selfish; we're called to share in each other's sufferings and to help one another but we can't do that if we're burnt out and running on empty. Ultimately we allow ourselves to rest when we accept that we can't earn God's love. He doesn't love us because of what we do for him and what we can achieve; he loves us because he loves us and nothing will change that. Love isn't based on performance but relationship. Sometimes the only way we can know that for sure is when we let go of our need to achieve every minute of every day.



Patrick Regan OBE taken from Patrick's recent book: When Faith Gets Shaken, published by Monarch, to get a copy order from: www.whenfaithgetsshaken.com





Wrestling for my Life

With millions of fans, WWE Superstar, Shawn Michaels, had all the attention and adulation he could ask for, but he discovered something more. When he became a committed Christian during his years in the WWE, it had to affect everything.

ears filled my eyes as I sat on the end of the bed. The scene was familiar, but the feelings weren't. Another WrestleMania had been completed and, as usual, I had returned to the hotel with my family and taken a couple of minutes to sit alone and reflect on the night before joining the family for a postmatch celebration.

But this time was different. This was the last time. Overwhelmed with gratitude for the career now suddenly behind me, I could not help but notice the symbolism of what I was about to do next: get up from where I was sitting and walk away to join my family.

Sure, I'm a wrestler, yet in a business where "never" never means "never" when there's a good storyline to sell, I knew I would never wrestle again. Only a few hours before, I had lost to The Undertaker (Mark Callaway) at WrestleMania 26 in a match with the stipulation that if I lost, I must retire. But, hey, if it would have made for a big-bucks pay-per-view for WWE, we could have found a way for me to un-retire. There also could have been a Shawn Michaels Farewell Tour, and we had discussed one.

But I knew this was the end. I had stepped out of the ring for the last time to step into the life I wanted to live: with my family, back home in Texas.

My life was a wreck. Only in the ring could I be what I wanted to be. And that wasn't the real me. That was a wrestling character created and altered when needed to put on a good show. And that's what I did.

Somehow, I had found this ability to make fans react. Some loved me. Some hated me. But none, it seemed, didn't experience some kind of strong reaction when hearing before a match, "Making his way to the ring ...

from San Antonio, Texas ... The Heartbreak Kid ... Shawn ... Michaels!"

I liked being loved. And I liked being hated. I might even have liked being hated more. But outside of that ring, my life had spiraled so out of control – drinking too much, chasing women, doing drugs, popping pills – that I did not like who I really was. A winner in the business, I had become a loser in life.

That is why I felt engulfed by peace as I sat alone on the end of the bed, appreciative for the wrestling career I had been given and grateful for the second chance I had received as a husband and father.

"A WINNER IN THE BUSINESS, I HAD BECOME A LOSER IN LIFE."

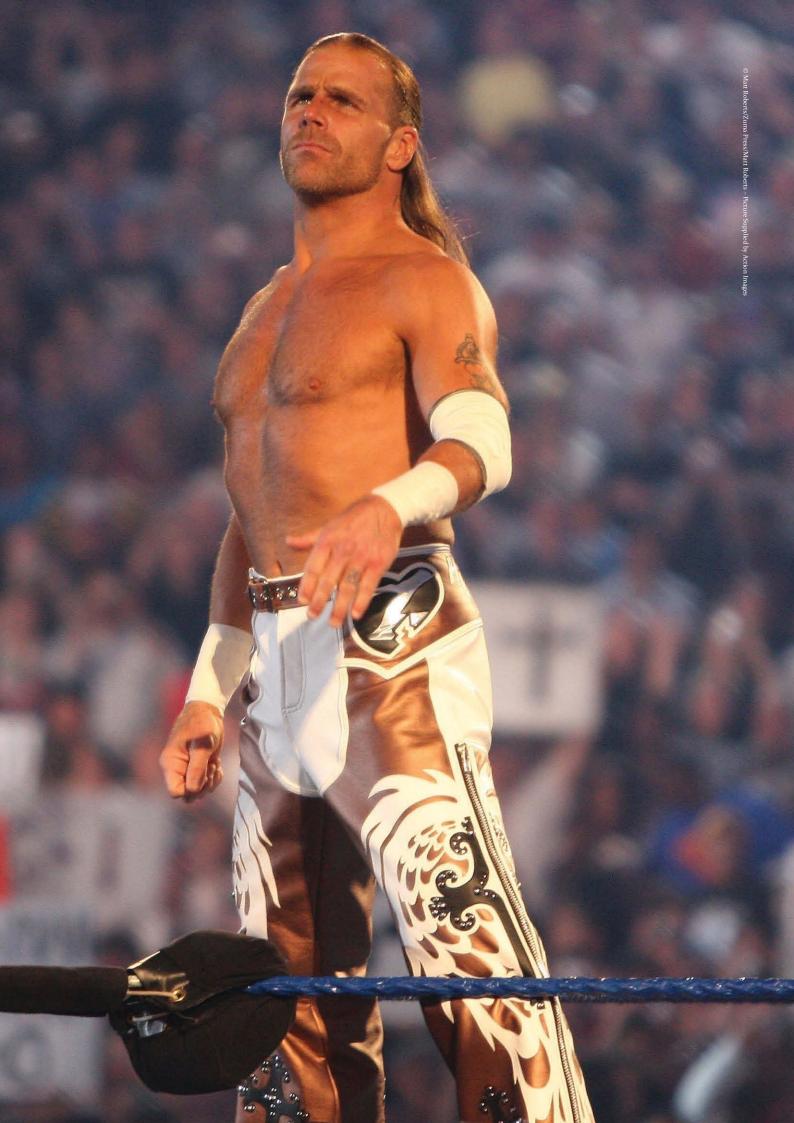
"Thank you Lord," I prayed through my tears.

The thought that it was time to leave the ring for good first came a year earlier, after WrestleMania 25 in 2009. In the first of three main events at Houston's Reliant Stadium, I took on The Undertaker. From a pure wrestling standpoint, it was an intriguing matchup: me – Mr. WrestleMania – against the wrestler with a 16-0 record in WrestleMania's.

When we met to start setting up how the match would play out three days before WrestleMania, Pat Patterson, and Michael Hayes – who produced matches for WWE – told us we would not be one of the last two matches on the schedule and would wrestle for fifteen minutes.

"How long you been with this company?" Taker asked me. \rightarrow







"Lord knows how long, but it's been a while," I told him with a laugh.

"I've been with this company longer than some of my marriages combined!" Taker said.

Not being the main event or semi-main event motivated Taker and me to put on a match that would be a tough act to follow for the rest of the night. (We also wound up wrestling for thirty minutes, well past our allotted time!).

To add to the anticipation of the match, because I had been a Christian for seven years at that point and had made sure the changes in my life were evident inside the ring and out, we employed a light versus darkness theme. I entered the ring first, wearing white and descending to a brightly lit stadium floor via a platform enveloped in white smoke. Then The Undertaker, dressed in his customary black, rose from below the stage floor and, in a darkened stadium, defiantly strolled toward the ring to his ominous theme music. WWE puts on good productions, and that one was really cool.

Taker and I turned in what I still consider a near-perfect match, despite one scare. About fifteen minutes into the match, we had planned for Taker to do a "dive". I would be lying outside of the ring, "hurt", and referee Marty Elias – a good friend whom I prayed with before every match we did together – would be checking on me to see if I would be able to return to the ring and continue the match. After I made my way to my feet, Taker would run across the ring and dive at me headfirst over the top rope. But I would see Taker coming, shove Marty out of the way, and pull a

"MORE THAN 70,000 FANS HAD STARTED CHANTING, "THIS IS AWESOME! THIS IS AWESOME!"

"cameraman" into my place. The cameraman would appear to take the hit instead of me, reaching out to catch Taker in the process and breaking Taker's fall.

Of course, with our old-school mentality, we weren't about to practice Taker's dive, or anything else for that matter. Nowadays it's different, but our mindset back then was that if we were going to miss a move or if anything would go wrong, it would happen during the pay-per-view when it was for real. When it came time for Taker's dive, the "cameraman" set up a step too far from the ring. I shoved Marty aside as planned, grabbed the cameraman, and tried to pull him closer to where Taker would land. But I couldn't get him to where I wanted. He dropped his camera and reached out toward Taker, but barely got his hands on Taker, who hit the padded floor headfirst.

When we had set up the match, both of us had instructed Marty that if for any reason neither of us was able to make it back into the ring after the dive, Marty was to go ahead and proceed with the referee's ten count as usual. If Taker or I couldn't make it back into the ring before the ten count, the match would be over right there. So after Marty and I returned to the ring, the referee started his ten count –but slowly and



dramatically to play it up – while Taker remained flat on his back on the floor. I didn't know if Taker would get up. I was on the far side of the ring and didn't have a real good view of where he was, but Taker managed to crawl under the bottom rope and back into the ring right before Marty reached ten.

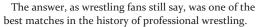
Taker was hurt, but we were able to finish out the match as planned. About fifteen minutes after the failed dive, the planned finish came when I performed my moonsault – a backflip off the top rope – and Taker caught me and dropped me with his Tombstone Piledriver for the pin.

A perfect match isn't possible, but that one came close. At one point, the more than 70,000 fans had started chanting, "This is awesome! This is awesome!" I already sensed inside the ropes that we were putting on a good show, and the fans' spontaneous chants confirmed my feelings.

Marty and I left the ring before Taker. When we walked through the curtain into the backstage area, the other wrestlers and crew members were standing and applauding. When Taker came through the curtain, he hobbled directly into the trainer's room and fell to the floor. I went in there with Marty while the trainers looked at Taker. Other wrestlers started coming in and out, checking on Taker and raving about our match.

"How am I going to go out and top that match?" asked Triple H, my best friend, who would be wrestling in the final match of the night.

Michael Hayes came into the room. "Oh my!" he exclaimed. "What did I just witness?"



In the lead-up to WrestleMania 26, we brought in the retirement aspect. The discussions continued to include the possibility that it would not be a true career-ender for me, suggesting I could take a year off and then make another comeback. After all, I had taken four months off after the last WrestleMania, so they figured I could be happy with an entire year off and still be available for them to use here and there on a part-time basis. They seemed to prefer a farewell tour over an abrupt retirement. Michael Hayes knew I was seriously considering walking away, although I don't think anyone in WWE knew how much I was looking forward to a permanent retirement.

But I knew that would be my last match. My career was ending.

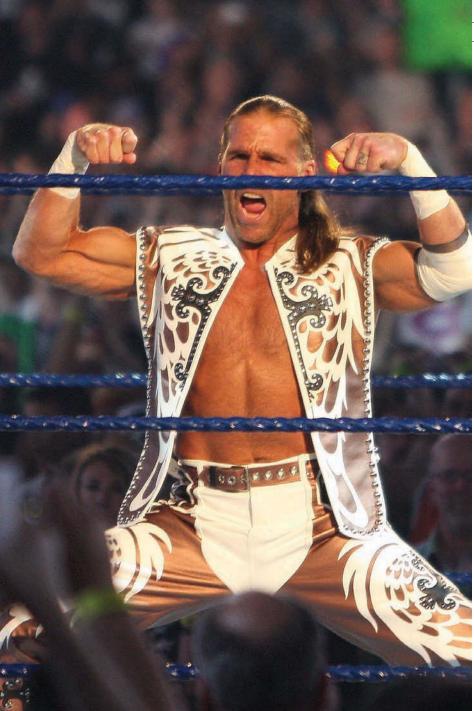
My match with The Undertaker was the final match of WrestleMania 26. With Taker putting his unbeaten WrestleMania streak on the line and my retirement at stake, the match was billed as "Streak vs. Career."

We didn't top the previous year's match – I still don't think we could have – but as far as sequels go, we put on a very good show.

When I was being trained to try to make it in the sport, longtime wrestler, Jose Lothario, had convinced me to learn how to do a backflip off the top rope. Jose had seen only one wrestler master that move. When an opponent was running toward me in the corner, I could scale the turnbuckles and backflip over my opponent and land on my feet so that when the opponent \rightarrow







turned around to look for me, I could surprise him with an elbow or bust his chops some other way.

The backflip helped me quickly rise with the reputation as an athletic wrestler in the early stages of my career. It also led to me later developing my "moonsault", a different type of jump, in which I would flip backward off the top rope and, instead of landing on my feet, come down headfirst and stomach to shoulders with my opponent so he could catch me or break my fall to help me slide into finishing the move.

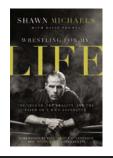
The night before WrestleMania, Rebecca and I were at the University of Phoenix Stadium going over the match with Mark and Michael. There was an announcer's table outside the ring, and I brought up the idea of The Undertaker lying on that table and me moonsaulting onto him and both of us crashing through the table. I had never attempted the move like that.

I looked at the table. It was probably twelve feet from the ring.

Geez, I thought, that's a long way.

I climbed up on the top rope to get a better idea of what the flip would look like.

"That's a long way," Michael said. Then he looked to my wife, Rebecca, and asked what she was thinking.



Extract is taken from *Wrestling* For My Life by Shawn Michaels and David Thomas – published by Zondervan and used with permission.

Rebecca looked at me on the top rope, looked to Mark, and looked back at me.

"He'll make it," she said.

During the match, when I moonsaulted out of the ring and onto Taker on the table, the crowd went absolutely nuts. I loved it that in my very last match I was able to pull off something I had never attempted. Taker won the match when he pinned me after a third Tombstone Piledriver (I had kicked out after the first two). As good as the match was, to me the best part came in the ring afterward.

Following the Tombstone Piledriver, I remained "out" on the mat for probably three minutes while Taker gradually made his way to his feet and gathered enough strength to walk around the ring again. Then Taker came over to me, helped me to my feet, and leaned me against the ropes.

Mark then said something to me that I have never disclosed publicly although I have been asked many times. Wrestling is a make-believe business, but there are times when we wrestlers get to have real moments inside the ring. We often keep those to ourselves, partly because wrestling's loyal fans can have a difficult time separating what is real from what isn't. But more so because those moments – and they are infrequent moments – create a special bond between guys who often spend more time with each other than with their families and, literally, trust each other with their lives inside the ring. So I have chosen to keep that quick exchange private.

"THAT WAS THE END. THEY KNEW IT, AND I KNEW IT. AND NEVER IN WRESTLING HAD I EXPERIENCED SUCH A DEEP-REACHING PEACE."

Taker reached out his hand to shake mine. We embraced as the fans roared; then Taker left the ring to leave me there alone to accept the cheers of the 70,000-plus fans. I blew a kiss to the fans, waved, and dropped to my knees and raised my hands toward heaven.

That was the end. They knew it, and I knew it. And never in wrestling had I experienced such a deep-reaching peace.

The following night on Raw, I was given the opportunity to make a farewell address to the fans.

"Take as long as you want," I was told. Fortunately for the producers, I'm not one for long goodbyes.

Before I started speaking from the center of the ring, the bell gonged from the opening of The Undertaker's theme song. Mark stepped out onto the stage, tipped his black hat to me, then turned and walked back into the darkness.

As I began to speak, the fans started chanting, "Please don't go! Please don't go!" Nice touch, but they were not talking me out of this decision.

I thanked the fans and told them they probably were unaware that there was a time when all I had in my life were the fans and how the ring was the only place where I felt good about myself. I was afraid to start thanking people because I knew I would leave out someone important, but there were a few names I had to mention. Feeling tears in my eyes, I thanked Hunter for being a friend when others in the business didn't want to be my friend – and rightfully so because of my attitude, I added. I thanked the production people behind the scenes at WWE; my one-time rival, Bret Hart; and Vince McMahon.

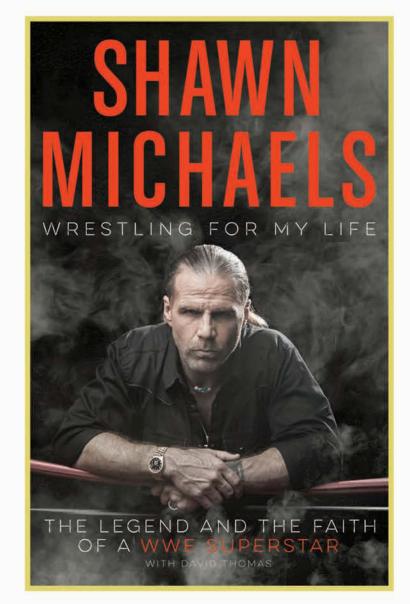
As I began to conclude, I thanked my Lord and Saviour, Jesus Christ. "I thank you, my King, for saving me."

My last round of thanks went to Rebecca, Cheyenne, and Cameron.

"Babies," I told them, "Daddy's coming home." \blacksquare

NOT ALL OF SHAWN MICHAELS' STRUGGLES CAME BETWEEN THE ROPES

In Wresting for My Life, Michaels gives a raw and direct account of his life and faith as a WWE superstar. With a genuine approach, Michaels writes about what it's like to be a man of faith while being watched by millions.



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CHARLES HUMPHREYS

We're in Business

Create a Career Vision

re you searching high and low for that perfect job, but are not sure how to get out of your not-soperfect job? I might just have an answer.

Let me share a secret with you. For years I had a punch-bag with the face of Confucius and his gloating lines pinned below: "Find a job you love and you'll never have to work a day in your life again." Well, good for you, Confucius, but your cliche's won't help the many people stuck in a rut and the wrong job.

But Confucius did have a point. I personally believe that God has placed us on planet Earth for many reasons, one of which includes finding a career that fits our personality, our skill-set and our desires. Finding it probably won't happen overnight, but here are three important steps to help you.

Create your personal career vision

Someone said that if you aim for nothing, you'll end up hitting it (and if you think about this, it's true). When we live life with a vision or a purpose it helps us to keep motivated and positive, and the opposite is true. The Bible tells us (Proverbs 29:18) that without vision people die and fade away – so make sure that you start to develop yours in order that you know what sort of career you want to operate.

When you're creating your vision, make sure you consider what you're good at doing, what you enjoy and what really interests you. Here are some questions you will need to ask yourself:

■ What does your ideal career look like? In your mind's eye, what are you doing?



- Do you want to want to work in the same, similar or different industry from where you are at present?
- Where do you want your work to be located?
- What remuneration and benefits do you expect?
- What type of organisation do you want to work for and what sort of work culture would you like to experience?

Charles is an experienced careers coach and founder of a Christian-based careers coaching service called Wantz get on? that offers 1:1 careers coaching, workshops and seminars: www.wantzgeton.co.uk. He is author of The Christian Guide to Jobs and Careers. He is also a busy dad of three young boys, husband to an overworked doctor and leads the men's ministry at Oasis Church in Colliers Wood, SW19.

Live and breathe your vision



This is the most powerful action you can take to move towards your ideal career. The key is to visualise what

you actually want. An article published by the huffingtonpost.com describes how top athletes use the technique of mental imagery or visualisation to "up" their game and perform at their peak. This enables athletes to see and feel themselves achieving goals, and helps build the confidence that these goals can be achieved. Seeing is believing!

In describing how he imagines his performance, golfer Jack Nicklaus wrote: "I never hit a shot even in practice without having a sharp infocus picture of it in my head. It's like a colour movie..." Whether you're a professional golfer or someone developing a career direction, the same rules apply: visualising what you want to achieve on a regular basis develops focus and a positive mindset.

Close your eyes and take time to see, feel and hear yourself in a role where you are satisfied and fulfilled. Once you've done this – make sure you hold on to this vision with all your strength!

Prayerful vision

It's not just a mental thing; it's also a spiritual thing. With your vision in your mind, present it to God and then take a big step of faith and thank Him even before it's arrived. Now, watch your vision grow!



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BUSINESS



MATT BIRD

Relationology

Winning New Business

inning new business has become a big emphasis for companies due to the

combination of a recovering economy stimulating demand and a saturated marketplace of competing providers. Companies want to establish a culture of winning new business where every employee is reaching out through their relationship networks to generate leads.

Relationology offers a unique six strategy approach to winning new business and here are the first three:



The courageous self-introduction

Bob sat on the toilet and reached to the pile of magazines and comic books placed there for just such an occasion. It was a clothing catalogue that caught his eye and that he began to peruse. Bob was more than impressed with what he saw and as a filmmaker thought: "Woh! If they can do this in a catalogue imagine what they could do on film!" As he returned to his computer he googled an email address for

the CEO of the clothing company and sent him an email explaining that he had been sat on the toilet etc. Within a few days Bob received a reply inviting him to meet with the CEO of the company, which resulted in him being contracted to make £100,000s worth of films for the clothing line. The courageous self-introduction is a high-risk strategy, however, when it does pay off, it's really worth it.



2 The facilitated introduction

For my recently published book Relationology I could have organised a large launch event to which I invited lots of people I know well. Instead, I turned to a handful of people and asked each of them if they would host a small event and invite a dozen of the people they thought it would be good for me to meet. In this way awareness of my

book would go beyond my usual circles and facilitated introductions would be made for me with some new and interesting people. The programme of launch events and accompanying facilitated introductions were a lot of fun and led to a number of significant new business opportunities.

3 The recommendation

The team building event focused on developing mutual understanding between members of the team and how to adapt yourself to get the best out of others. As the event facilitator I was very happy with how people engaged and the learning conversations that took place. More importantly my client also seemed very happy. The following month I was surprised to receive an email from the organisation's HR Director explaining that the team leader had recommended me as a facilitator for another team building event.



Matt Bird is the Creator of Relationology which helps businesses grow their top line through the power of relationships. If you would like the other three approaches to winning new business visit www.relationology.co.uk



@relationology



MARTIN CARTER

Bolder & Boulder

Get Your White Space Sorted

egular, eagle-eyed readers may have noticed that *Sorted* recently went through a bit of a style change. The changes were modest and understated, designed to enhance your life in subtle but profound ways (just like *Sorted* itself, in fact). One of the consequences of these changes is an increased amount of "white space" on each page.

White space is the part of the page that is deliberately left blank in order to create a balanced layout. But blank doesn't mean it's empty or wasted. Blank space is a crucial, active element in the reading experience. It creates breathing space, allowing the readers' eyes to relax and their minds to process. It's one of those things that you don't really notice until it's missing. It's an increasingly important factor both in print and web design, influencing the reader just as much as the words and illustrations on the page (so if you hate my columns its almost certainly the photo editor or page designer's

Although desktop publishing and web design has increased the focus on it, white space isn't a new phenomenon. Publishers have always played with fonts, typesetting and margins in order to increase the reading experience. Margins, of course, are a special type of white space. They are the place for notes, corrections and comments. They are the place where we reflect, critique and make revisions. Margins are where change and improvements happen.

White space, then, is crucial. It creates breathing space, enables reflections and drives change. It's an essential element of our reading experience. And yet, whilst we're becoming more demanding of page design in print and online, when it comes to our everyday lives we are constantly shrinking the margins, reducing the font size and squashing the line spacing in order to squeeze more in. And it's taking its toll. 69% of British adults feel trapped by their routine and 40% are unhappy with their lives. 50% of working parents say they are too



"69% OF BRITISH ADULTS FEEL TRAPPED BY THEIR ROUTINE AND 40% ARE UNHAPPY WITH THEIR LIVES."

busy to teach their children to dress themselves, tie their shoelaces or clean their teeth. Annually, 25% of adults visit their GP with mental health issues, principally stress, anxiety and depression. Suicide remains the biggest killer of men under 35.

White space isn't just an essential element in design – it's also an essential element in life.

Whitespace creates room for rest and recovery. Without it we feel irritable, exhausted and wrung out.

White space allows us to process, analyse and plan. Without it we feel

disorganised, overwhelmed and out of control.

Whitespace helps us to question, reflect and change. Without it we feel stressed, trapped or lost.

White space enables us to grow. Without it, nothing changes.

And yes I know you're too busy to change. But that's exactly my point. *Sorted's* new layout has increased the amount of whitespace, without reducing the amount of content on the page. It still gets the job done.

Does your life need a revamp? Maybe, like Sorted, it's time to look at your white space. ■



Martin is an experienced leadership coach, consultant and facilitator. He helps individuals, groups and organisations to make a bigger difference in the world by equipping them to be bolder in their actions and conversations as well as helping them shift the boulders that sometimes get in the way. Martin lives in the West Midlands with his wife and three children. You can contact him at martin@martincarterassociates.com



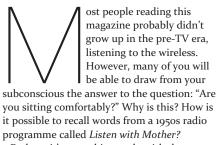
@MartinPCarter



MARTIN THOMAS

Collective Action

Are you sitting comfortably? Then I'll begin...



Perhaps it's something to do with the power of a story...

"If history were taught in the form of stories, it would never be forgotten." Rudyard Kipling

Recently I stood in front of a small crowd of NGO and foundation leaders at the CHASE2015* event in London – third sector professionals who had come to hear a seminar on brand identity. It was in the afternoon "graveyard" slot, so I wanted to be creative and try to keep them awake. A tough ask, so I called the session "The Organisational Bard – living your identity from the inside out". And so they came...

I love reading, writing and sharing stories for all ages – that's what *bards* tend to do. I don't walk around in long flowing robes, but I'll tell you a secret, I still love reading picture books (even when I don't have a child sitting next to me). Well... why should they have all the fun?

At the start of my session I asked two questions:

- What was your favourite children's story?
- Can you summarise that story in one word?

My own example was *Danny the Champion of the world,* by Roald Dahl. The word I used to summarise it was **fatherhood**. Yes, there was a plot with poaching, sleeping pills and sticky hats. There was also a key subtext about the poor and landless versus the wealthy and powerful. But at the end of the day, for me, the identity of the book was all about the relationship between a boy and his dad. It's a story I've never forgotten – told in a way that would have been met with approval by the great Rudyard Kipling.

"I'LL TELL YOU A SECRET, I STILL LOVE READING PICTURE BOOKS."

Over the past twenty years I've had the privilege of mobilising and fundraising for the work of many different charities. Whatever the cause, being called to inspire people to connect with the story on the ground in another part of the world, or even closer to home, is a joy (as well as a challenge!). But it gets easier if you really do know your story. So many organisations struggle to work this out, even at its simplest – so I took the opportunity to share a few tips:

- Discover your core **identity** in one word.
- Create a memorable **vision** with words that tell stories.
- Demonstrate your USP through a distinctive mission.



- Declare your **faith** / **values** to demonstrate who you are.
- Support all **staff** as they learn to live the heart of the brand.

In the busyness of life we don't often take the time to listen to our modern day bards. We don't prepare ourselves to sit comfortably and wait for the story-teller to begin (we're too busy checking an email or tweeting a link). But if we do stop to listen to stories told with a clear identity, they will continue to resonate like deep piano strings, many years into the future.

My challenge to you:

What charity do you know with a story to share that you could make time to stop and listen to?

What story do you have that you feel compelled to share?

Find someone this month to share the story with and check that they are comfortable and ready to listen.

And then begin...

*CHASE2015: The charities and associations event (www.conferencehouse.co.uk).

Martin Thomas heads up Viva's mobilisation offices in the UK, North America and Hong Kong (www.viva.org/invest). He is a writer (www.makingsense.life) a trustee of The Bless Network, and a novice barista. He and his family live in Witney, Oxfordshire.

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Simon Laver

Co-founder and Managing Partner, Perrett Laver

viva.org/invest





NICHOLAS HILL

Leadership Matters

How Leaders Handle Rejection

notable characteristic of leadership is the ability to face rejection, address it, and move on. You cannot successfully lead people without developing this ability. Great leaders influence change. In the course of instigating change, your team or followers, will perpetually find something about you that they oppose. Knowing how to handle rejection is what separates weak leaders from those that are exemplary.

The common response to rejection is to wallow in misery and then resort to the hasty assumption that something is wrong with you. The reason the act of rejection prompts you to generalise the circumstances is because it throws you into a state of vulnerability. Since security is an inherent human need, you naturally search for a cause and remedy for the problem. If you believe the cause to be beyond your control and the remedy to be out of reach, then the act of rejection can lead to hopelessness.

Rejection could also prompt you to alter your personality traits, to compensate for your perceived shortcomings, and consequently lose your valuable identity along the way. After experiencing rejection, there is a danger of becoming a defeatist instead of exhausting resourceful thinking and energy in order to facilitate personal improvement.

You have the choice and power to accept rejection or reframe its meaning. You can let it drag you

down to the depths of misery and insecurity, or you can consider it as a crucial tool in the course of our personal development. Resourceful thinking is the central ingredient to carry out the latter proposition. It is not as easy as it sounds, but you can take comfort in the fact that there are practical ways to do it.

Here are just two:

Redirect the Rejection

Accept the fact that another person has rejected something you have said, done, valued, or believed.
Rejection of behaviour, words, or other intangibles, however, does not necessarily mean that other people have rejected the tangible you. The first step is to accept that something, which you are

responsible for, fell short of expectations. Then, pinpoint what precisely it was that the other person rejected. This act will direct your thinking onto the ill-fitting piece of the jigsaw, rather than demeaning the jigsaw itself. This approach is far more practical than wallowing in self-pity.





Ask Edifying Questions

Questions redirect our focus. Asking yourself, "why can't I ever do this", will only lead your unconscious mind to provide you with suitable answers to the question. On the other hand, resourceful thinking is solution-oriented. Use leading questions, therefore, which presuppose that the situation is salvageable. Get into the habit of asking yourself questions which embed a useful syntax, such as:

"How can I do this differently next time?"

"What can I learn from this pain?"
"What can I do to redeem myself?"

"What change to my behaviour can prevent this from happening again?"

Rejection can be painful if you live with it. However, it can also be a catalyst for your personal development. If you learn to handle rejection, you will adopt a skill, acquired by some of the most prominent leaders in the world.

Nicholas Hill is a modern thought leader and international trainer of strategic leadership and management development. He has developed thousands of leaders and managers from corporations and SMEs, since 1996. Nicholas is the author and editor of the acclaimed Sharpen Magazine and interviewer of celebrity leaders. Download free leadership magazines at nicholashill.com/subscribe. Call 0345 678 9900 for course brochures. Follow @nicholashill on Twitter today.

SMART TALK

With Dr Richard Scott, Jojo Meadows and Gerald Coates

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Richard Scott has worked as a surgeon, GP and evangelist in England, India and parts of Africa. His wife Heather is also a doctor and the couple have three daughters. Sport is a passion for Richard, interspersed more recently with writing, which developed during treatment for bowel cancer.



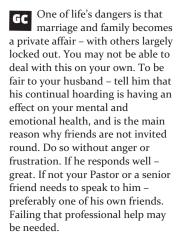
passionate about spreading God's word in an original way. She trained as a counsellor and helped to run a crisis centre in Solihull before being headhunted by Connexions to develop courses for senior schools. Jojo has been through many life-changing experiences including anorexia, teenage pregnancy, rape and cervical cancer. This motivated her to help others who are struggling through difficult circumstances.



Gerald Coates founded the Pioneer network of churches and is married to Anona. The couple live in Leatherhead Surrey and have three sons. Gerald is a speaker, author and broadcaster. His latest book is called Sexual Healing and is for men struggling with pornography.

Help Those You Love...

Dear Panel, I can't believe I am writing in about this, in writing it looks laughable, but let me tell you it is far from this! My husband, a man of integrity and of love, whom I love dearly, has this issue: He is a hoarder! When I say hoarder, I mean beyond anything I have ever known, which in turn is making my life a misery. I have to climb over his stuff and certainly cannot invite people round! How do I sort his hoarding habit out?



So many men seem to hoard! Some items in a "man-drawer" can be useful, but I remember it was only when my dad died that the garage became operational again. In proudly keeping stuff for a rainy day, your husband has not only caused massive marital friction but also, even more importantly, betrayed where his trust lies. The Bible tells us we cannot worship two masters; the treasure in our hearts is either God or material things. The way round this problem isn't simply practical, but spiritual. Tell him again that you really value his integrity, but that his challenge now is to be freed from the power of hoarding, by allowing God to help him give stuff away.

We often think overcoming a habit like hoarding is just about *PERSONAL MOTIVATION* (the first source of



influence), but it's not. It's also about *PERSONAL ABILITY* (the second source of influence). Your husband likely has powerful impulses that drive him toward this behaviour and lacks the skills he needs to retrain those impulses. He needs coaching and mentoring and maybe even professional help, not

just encouragement. If you want to help him increase his *ability* to change, you'll need to identify the strategies people use to successfully escape hoarding. Your first port of call is engaging with him and gently leading him to want to make his own decision to see a GP or counsellor.

My wife is going through the menopause and she is a living nightmare! Of course, I do not tell her this, but seriously I get tutted at and looked at with disgust for even flicking the kettle on in the wrong way.

Every little thing I do is wrong! I even bought her some flowers and even they were wrong. I am trying, yet she is pushing. Do other marriages survive menopause by the skin of their teeth or is my wife just suffering badly?

It's odd, isn't it, that an entirely natural process – the menopause – is often so fraught. She does seem to be suffering badly, with her aggravation reflecting her unhappiness. She needs help before your marriage becomes unsustainable. Put her symptoms aside – have you genuinely sat down

together and listened to how she feels? She's probably concentrating on perceived "loss", and you need to hear this. Further help may well be required and a GP visit to discuss HRT would be worthwhile, as simple hormonal treatment can transform a menopausal couple's life.

During the menopause, a woman is forced to say goodbye to the fertile young woman that she once was, so please don't underestimate how painful and confusing this can be for her. As your wife goes through hot sweats, panic attacks and a new-found awareness of her new self, remember that the 50s is also a critical decade for men. It is common to have a crisis about your own identity, so try to accommodate for each other's changes. I believe in natural remedies so these are my suggestions: Starflower, Black Cohosh, Novogen Red Clover, Evening Primrose. There is also a website that provides essential oils

Dear Jojo, I know you are creating awareness for Ehlers **Danlos Syndrome and wanted to** ask you and the doctor some advice. My daughter is suffering with aches and pains and has had several dislocations; she bruises very easily and has massive problems with water infections and bowel problems. The doctors do not know what she has got, but as a father who wants answers I am finding myself getting more and more irritated with the medical realm that we are under and hoped you may be able to offer advice about the condition and where to go next.

Ehlers Danlos Syndrome (commonly known as EDS) is a rare connective tissue disorder. This is due to a fault in the gene that produces collagen. Collagen is the glue that binds every factor of the body together. There is a growing frustration within the medical world due to their lack of knowledge in relation to this condition. Even for the people who have the condition it is very difficult fighting to get the medical world to believe you. There are several avenues for you to go down. Speak to your GP. If you do not get anywhere with that then contact www.ehlers-danlos.org where you will find plenty of information and help as to where to progress with your pursuit of a diagnosis.

EDS is a nasty complex connective tissue disease with



no cure. That said, there is much that can be done to alleviate symptoms and whilst you seem to have had little joy medically thus far, please be careful not to let your irritation get the better of you. Your GP should certainly refer you to a rheumatologist with an interest in the disease. The specialist, in turn, should put you in touch with local support groups eg. Ehlers-Danlos Support UK, for practical advice.

CONTACT US:

Got a problem and need an answer?

jo@sorted-magazine.com

or write to:

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BN17 6WX





that have proven very popular so please take a look at this site looking out for Clary Calm and Geranium! http://mydoterra.com/sharpe

I have been married for nearly 50 years. Most women simply have hot flushes and feel faint or unwell. Little things get magnified – but cease soon after. This is not your

fault, nor that of your wife (if your marriage has not been marked by negative and disapproving speech and behaviour). When she is in a good mood, sit her down, and gently ask if she know what this is doing to you and how you can help. She needs to know how you are reacting but also that you want to support her. Her GP may be able to supply medication.



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JONATHAN SHERWIN

Big Questions



Striking a Nerve

hat is the one thing about you that is off-limits? Even your closest friends know not to talk to you about this. It's personal, and it's private and it is not open for discussion.

It's not that you're "closed off". Just careful with certain parts of who you are. After all, it is wise to be careful, isn't it?

One area we tend to cover up contains the things in our lives that we don't like. Perhaps this is what we call shame. You could be in debt, or you messed up at work, or there's emotional pain from things long ago that prevent real relationship with those persons involved.

But equally, our hopes and dreams, those that are left, are often cocooned in emotional bubble wrap. We store them like the wedding china, unused for fear of breaking them and not being able to find a replacement.

Like a squirrel burying their nuts before the coming winter, we can bury our deepest thoughts and feelings, and like some of those squirrels, often forget all about them.

We think that they're safe, deep down, out of the way. We're unaware though, of how these emotions seep through us, like unsecured toxic waste. We think we're immune to their presence because they're buried deep, but every now and again they become exposed.

Sometimes it's someone else doing the digging. Maybe it's our wife, or a friend prodding a little too deeply.

It's amazing what people find when they get under the surface (just ask the Crossrail guys who have recently finished the new train tunnels below London).

More often than not however these things are exposed by complete accident. In the fields of Flanders after WWI, the frosty winters were known to bring up unexploded shells to just below the surface. The Belgian farmers knew all-too-well about this annual menace and the problems they posed to their ploughing.

Sometimes it's a friendly, unassuming conversation that touches something of us we had forgotten about long ago. And sometimes it's something with a little more bite.

At the beginning of the year Stephen Fry was interviewed on Irish television channel *RTE* and when asked what he would say to God were he ever to visit the pearly gates of Heaven, he replied vehemently: "Why should I respect a capricious, mean-minded, stupid God who creates a world which is so full of injustice and pain?"

Of course Fry isn't the first to voice this age-old problem in such strong terms. But the response seemed unnaturally large. Newspaper articles and blogs were published in reply, and the clip from the show went viral on YouTube.

For many people Fry touched on a nerve. His words shattered the flimsy structures constructed around such buried thoughts like, "why did I have to experience *that* horrible thing?"

There are some big questions in this world that aren't easy to answer. There are also big parts of who we are that we'd rather leave unquestioned. But it was Socrates who told us that "an unexamined life is not worth living".

Sometimes the thought of sifting through our inner person feels about as fun as receiving a do-it-



"IN THE FIELDS OF FLANDERS AFTER WWI, THE FROSTY WINTERS WERE KNOWN TO BRING UP UNEXPLODED SHELLS TO JUST BELOW THE SURFACE."

yourself-molar-extraction kit for Christmas. Thankfully, we're not left to our own unskilled hands to do this. In an ancient Hebrew poem a request is made of God: "Search me, O God, and know my heart!"

The God of the universe, who made you and knows you and loves you and has complete skill in all matters, wants to work with you to uncover who you really are. If you let him he will deal with your unexploded ordinance and he will unearth your buried treasures.

God's love frees us from the fear of tough questions, from the pain of deep memories, and it frees us to be the person he created us to be. Life is too precious to live it in avoidance of who we really are, so why not, as the Good Book says: "Cast all our burdens upon him." It'll be a load off your mind.

Incidentally, if you are interested in the problem of pain, let me recommend Why Suffering? Finding Meaning and Comfort When Life Doesn't Make Sense (Faith Words, 2014) by Ravi Zacharias and Vince Vitale as an excellent starting point on the subject.

"HIS WORDS SHATTERED THE FLIMSY STRUCTURES CONSTRUCTED AROUND SUCH BURIED THOUGHTS LIKE, "WHY DID I HAVE TO EXPERIENCE THAT HORRIBLE THING?" Jonathan lives in Oxford where he works as a communications consultant, chaplain, and itinerant evangelist – including heading up CVM's Demolition Squad. If there's no rugby on he likes to find the nearest surf break. He blogs at jonathansherwin.net and you can follow him on Twitter @jonathansherwin.



JON COBB



A Different Generation

y daughter is going off travelling next month. She's taking in a few interesting places, which as a Dad, have got me worried. When she declared her itinerary, the conversation went something like:

"Sierra Leone? No chance: Ebola." "Columbia? Drug barons!"

"Argentina - No way!"

"Why not?"

"Two reasons: The Hand of God & secondly the Falklands. They still hate us. Didn't you watch Top Gear?"

Now, it would appear that I'm living in the past and that actually Buenos Aries is very cosmopolitan, but our character is very much framed by our experiences and my memories of the Falklands war is seminal in that it was the first time I realised the reality of conflict was not the same as portrayed in a John Wayne movie.

Dealing with advising a wide range of age groups on the subject of wealth and possessions, I do see that our age can determine our attitude to money.

The elderly have lived through World Wars and this produced a scarcity of many items that we simply now take for granted. But this has given them a greater value of "things" and there's a need for tangibility, such as having a passbook for their savings account. It's real, physical and reassuring to be able to see how much they have. Their wealth is in their hand rather than in the ether.

This understanding of value has come about through experiencing scarcity, and also having to have saved up for anything they needed to buy. Thus, although hard, the word austerity is not something new or daunting for them. They've always been a careful generation.

Similarly, many cultures revere the qualities of gold, as once again it is tangible, portable, and safe from being gambled away into a crisis by a greedy banker!

However, younger generations have known nothing but relative wealth, immediate access through credit, and a confidence in handling their finances through their iPhone.

I still remember the first credit

"THE WORD AUSTERITY IS NOT **SOMETHING NEW OR DAUNTING** FOR THEM. THEY'VE ALWAYS BEEN A CAREFUL GENERATION."





"WE SAW OUR "DEBT TO **INCOME" RATIO SOAR FROM 100%** IN 1999 TO A **STAGGERING 160%** IN 2008."

card I got in about 1983. It was the time of "soccer casuals" and the look was a diamond Pringle jumper over a Lyle & Scott roll-neck and Louis Jeans and, with no internet shopping, to look the part involved a shopping trip to London where, having flashed the credit card, four of us left the shop looking the dogs (I'm not going to complete that particular vernacular). Over the next few months I got paid in dribs and drabs down the pub that then bought the next few rounds and I ended up having to forfeit a present and a 21st birthday party with my Dad paying £100 off my credit card bill! I simply did not have the means to pay it off.

Yet again, an experience, which I found so negative, shaped my view and I've never gone a month without paying my card off in full. I also only have one credit card so in the event of something unforeseen happening such as no work, or an illness, my liability is capped at an affordable amount.

I'm from that transitional generation where some seem to have been able to embrace credit and live with it while others have remained wary.

However, as a nation we saw our "debt to income" ratio soar from 100% in 1999 to a staggering 160% in 2008. We are paying this off and this rate is coming down, but perhaps the experience of this level of credit pain (which is happening at individual, Corporate and Governmental levels) may produce a new generation who will revert to our elders' view of debt, and revive the lost art of saving. Difficult to imagine whilst the only option for many who only want to better themselves is to take out a loan to cover the cost of university when they leave school.

Jon Cobb runs financial advisory business Trinity Wealth Management. He is a keen runner, ex-white-collar boxer, passionate Portsmouth supporter, speaker and writer Check out Jon's blog: cobbiescollectivecontemplations.blogspot.co.uk



@CobbyJon

ADVICE



RICHARD HARDY

X Family

Big Love

ove is such a hackneyed word these days. We use it in all kinds of contexts. We love cheese. We love our iPhone. We love our kids... I really hope you

love your kids more than you love your phone!

In English, the word has no

differentiation and that causes us more difficulties than we realise. It debases the whole notion of love.

In New Testament Greek there are four words for love. Back in the day they knew a thing or two about the subtle nuisances where love is concerned. They knew that we all long to love and be loved at many levels.

The first word they used describes the first love any child is supposed to come into contact with. It is the love shared between a child and a parent. The word for this is **storge**.

When my daughter was born I remember holding her in my arms and thinking I will never love another child the way I love this one. The bond was instantaneous; deep and real. When my son arrived I discovered something extraordinary. Love is the only infinite resource in the universe. The more you love, the more love you have to love!

Sadly, in our day, far too many parents and children fail to experience this love. Some receive the opposite, where they long for love they receive neglect, abuse or even hate. This can be devastating.





The second love those ancient Greeks described is the love between siblings – phileo. It is a love that builds on storge. Where a child has known storge they find it easy to embrace phileo. When they haven't then their love hunger leads them to compete for parental attention, sibling rivalry ensues.

Where a child has experienced both these kinds of love they are well equipped to enter the world. They have a greater sense of self-worth. They are more self-aware and have a

real appreciation for how they should treat and be treated by others.

Where a child has not known either of these fundamental loves a vacuum is created and the love hunger grows. This, as I'm sure you will appreciate, puts them in a very precarious place where the next kind of love is concerned.

It is so important that we as parents fill up our children's love tanks at every opportunity. The difficulty arises when we have not known these loves ourselves.

The third love is romantic love, the love of two adults for one another. This is the love we are most familiar with in the 21st Century. It is **eros**. Need I say more? When a person has not known storge or phileo they crave love and settle for lust. They find themselves moving from one eros relationship to

another, never fully satisfied.

Our society sees eros as the highest form of love. The summit of love, but it doesn't even come close. Why? Because each of these three are conditional. They are human. No parent has the capacity to love their child unconditionally, and the same is true for siblings and partners. No matter how

much it feels like it neither storge, phileo or eros can satisfy our longing to be loved. That said, it is fair to say that where these three line up it is possible to live a happy life.

Sadly, however, we live in a world where so many are looking for the right kind of love in all the wrong kinds of places.



The longing to be totally loved can only be satisfied by the one who is love – God. He's the one who created us with the longing and capacity for love. His love is "Big Love". His love is limitless love. His love is eternal and unconditional. His love is so different to the other three that they become shadows in comparison. Some stop short of finding this kind of love. Others seem to think that the way to find it is up the ladder of love. They think that agape (which is what this ultimate love is called) is just another form of the other three or what happens when the other three combine. It isn't.

The early church had to find a new word for the love that they experienced via the Holy Spirit. They



chose the word agape. It is an undeserved love. You cannot earn it. It is a love that comes as the old hymn puts it – "out of the heart of the Father above streaming to me and to you."

It is the love that makes life make sense. It is the love that gives light and life and liberty. It is a love that enables us to love others freely – friend, neighbour and enemy.

When the other three are brought under the umbrella of this one the world becomes a different place. Why? Because this love means we are not love hungry and so can love others in the way they long to be loved.

As a parent, my aim is to love my kids with storge, but more than that I want to introduce them to agape so that they might become all that they can be. As a brother my aim is to love my sister with phileo but a phileo that is filled with agape. My aim as a spouse is to love my wife with eros, but an eros that is flooded with agape.

And my guess is whether you realise it or not that is your aim too.

Why settle for small love when big love can be found in Jesus?

Richard Hardy is a Baptist minister and director of the Entheos Trust, which encourages leaders and enables churches to engage with their communities. Richard has spoken on community engagement, marriage and parenting at many national conferences. He has also written extensively on community and family issues (www.theentheostrust.org).



here is an epidemic that is spreading amongst men; it's more common than the cold and more deadly than man-flu. Fellas, let me introduce you to TSOP: The Sickness of Pride. This sickness cannot be cured with a cuddle; you can't just recover, try harder or stop. It isn't caught from the outside, it finds its root and incubator in the heart. Simply put; this sickness is a killer. You see, if the chief end of man is to glorify God, then the chief sin of man is to glorify self. And that gentlemen, is what we call pride.

A sufferer of TSOP is constantly self-referencing (I've got a great story about that). He will find a way to shift the most basic pub-chat to look smart, or witty, or well read. He seeks power but is unwilling to serve – unless of course his boss is watching. He hates it when others succeed and surrounds himself with people who agree with him. He speaks when he should shut up and shuts up when he should speak. He avoids uncomfortable situations and never admits sin or weakness. He believes God is Sovereign, but

only on Sundays. Ultimately, he is under the impression that he is in complete control of his own life – he is a man with a ten-year plan.

However. TSOP is no new condition; it has been around for millennia. It's seen in two fellas nicknamed the Sons of Thunder who asked Jesus if they could be number two and number three in His coming Kingdom. It's there in the disciples who were to proud to admit that they didn't understand Jesus' teaching and so argued about which of them was the top dog, and the city Yuppie who couldn't face giving up all he had to follow the Nazarene.

But here's the good news; there is a cure, a permanent remedy. The only way to confront the sickness of pride is with the pill that is grace. If pride leads me to believe that I am in control of my life the only remedy is something that shows me I am not. Here's the thing, according to God's word, we are not just sick; we are dead. It goes without saying that there is nothing to be proud about if you are dead. Not only that but dead things can't make themselves alive – they can't look for salvation, climb a ladder to

"THEY CAN'T LOOK FOR SALVATION, CLIMB A LADDER TO GOD, OR START A JOURNEY OF FAITH."

God, or start a journey of faith towards enlightenment. No, dead things are dead.

So we are there doing the things that dead things do (which let's be honest, isn't much), and God comes along and, through Christ Jesus, in the most humble and humiliating way takes us from death to life. What did we do? diddly-squat, zilch, nada. It was completely grace. And, when we truly remind ourselves of God's grace we don't need to pretend to be humble, there is no other response – grace kicks pride into touch.

Sam Gibb is a Midlands born, London based, twenty-something married to a Yorkshire lass. His passion is to present the Good News about Jesus in a way that makes sense to blokes. His heroes are the apostle Paul, Alan Shearer and Garfield, though not necessarily in that order. You can follow him on twitter on @samggibb







LYNDON BOWRING

Politics

Plan B

don't know if you're like me, but I frequently notice that my "Plan B" often turns out to be God's "Plan A". In other words, what I may think is second best can turn out to be the very best! This was highlighted again for me just before the last General Election, in the summer of 2009, information was leaked to the press about dodgy expense claims made by a number of MPs over several years. Day after day allegations about individuals' misuse of the permitted allowances and expenses were published. Reputations were ruined and several MPs, former MPs and members of the House of Lords, were prosecuted and some sent to prison. This "expenses scandal" dominated the news for months. There were obviously some genuine mistakes made, but the overall good name of Parliament was badly damaged. So in the run-up to the 2010 General Election with the public disillusioned, nobody in their right mind was celebrating this sad state of affairs. However, there was actually an incredibly positive outcome! Because so many MP's chose not to put themselves

up for re-election, over 200 brand new MP's arrived at the House of Commons following the Election and 40 of these turned out to be committed Christians. They, along with other more experienced MP's, now regularly meet for prayer and Bible study across all the parties, resulting in a greater Christian presence in Parliament than we've seen for many years! Who could have guessed?

One of these new MP's is Gavin Shuker, the Member for Luton South. His is an extraordinary story of how God took him from being a church planter to become one of the youngest MPs in the House. After university he moved back to his hometown of Luton South to plant a church and joined the local Labour party. When the sitting MP chose to resign from the seat because of her expense claims Gavin was urged to stand for election instead. He was elected and became Shadow Minister for International Development, also chairing the All Party Parliamentary Group on Prostitution and the Global Sex Trade. What a triumph out of an apparent tragedy. I remember

"GAVIN IS JUST
ONE OF SEVERAL
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having coffee with him not long after he was elected when he said to me: "Lyndon, I thought God had called me to be a church planter, not a Member of Parliament!"

Gavin is just one of several MPs who could easily not have been elected if the expenses scandal had never happened. So in the countdown to General Election 2015 let's remember that good *can* come out of apparent disaster and pray to that end.

Visit CARE's unique website www.engage15.org.uk or follow @engage_15 on Twitter for inspiring ideas about getting involved in the General Election.



Lyndon Bowring was born in Wales and studied at London Bible College. He is an associate minister at Kensington Temple, and has been executive chairman of CARE for more than 25 years. His hobbies include watching rugby, exploring London's restaurants and developing friendships. He lives in London with his wife Celia, and they have three children.





LEE AND BAZ

Cut to the Chase

Legacy

BY BAZ GASCOYNE

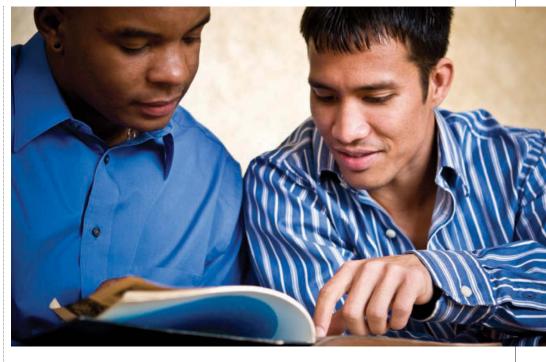
have recently been to one of the most amazing thanksgiving services. It was of a gentleman that probably none of you have ever heard of: Kenneth Duncan Anderson – Ken to his friends.

Ken was one of my heroes. I first met him in the spring of 1982, with his lovely wife Joan and friends David and Pauline at a conference at Cliff College where I was a student at the time.

At the service many tears were shed but also many giggles and outbursts of laughter as we listened to the wonderful things spoken about him and his life by friends and family. What was obvious, as I sat and listened to the various comments, was that here was a man who had made a huge impact on so many lives. Ken's love for life and people was contagious. Over the years, whenever he saw me, Ken would come over and encourage me. He phoned me numerous times or even sent small notes letting me know he was thinking of me and praying for me.

One of the things said about him was that they had never heard him say a bad word about anyone. Wow: that is impressive and challenging. This got me thinking about what would be said at my funeral or thanksgiving service. Sadly, it wouldn't be the same as due to my past insecurities and hurts I know I have said things about others that I'm not proud of.

Attending this service got me thinking about legacy. What legacy will I leave once I depart this world and go to the next? Listening to



"TOO OFTEN WE UNDERESTIMATE THE POWER OF A TOUCH, A SMILE, A KIND WORD, A LISTENING EAR, AN HONEST COMPLIMENT OR THE SMALLEST ACT OF CARING, ALL OF WHICH HAVE THE POTENTIAL TO TURN A LIFE AROUND."

what people said about Ken it was obvious that his legacy is huge. Why? Because he was committed to making sure he helped and served others so they would see the love of God in his own life.

So let's consider: what legacy are you and I leaving? What will you and I leave behind when we're gone?

"Carve your name on hearts not tombstones. A legacy is etched into the minds of others and the stories they share about you." – Shannon L. Alder

Most of us want to feel our lives have made a difference in some way

and that when we are gone we will have left something of value behind.

"Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around." – anon.

"The greatest legacy one can pass on to one's children and grandchildren is not money or the material things accumulated in one's life, but rather a legacy of character and faith." – Billy Graham.

Ken definitely accomplished this in his lifetime. How can you do the same? Whoever you are, and whatever has happened in your life in the past, you can make a positive difference in other people's lives and leave a huge legacy like my friend Ken who once again, even in his death, has encouraged me to look out for others and see how I can encourage and uplift them when I meet them.

Oscar Wilde said: "There is only one thing in the world worse than being talked about, and that is not being talked about.

"Your life is your message to the world. Make sure it's inspiring" ■

Baz lives in Sheffield and loves comedy, painting and trying to play golf. His wife Linda and he have led a Church for 18 years . He is also a Sports Chaplain for Sheffield Eagles Rugby League Club & Sheffield Wednesday FC.



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The FA Cup Final

It's 144 years old, but the FA Cup is still going strong. Stuart Weir looks at this year's final...

he FA Cup Final takes place on Saturday 30 May, restored to what many feel is its rightful place as the final game of the domestic season. The 2015 final should provide a fitting end to a wonderful competition.

Has there ever been such a magical round of the FA Cup as the 2015 Fourth Round? First of all the top two in the Premier League went out to lower league clubs with Manchester City losing 0-2 to Middlesbrough and then Chelsea led Bradford 2-0 before succumbing 2-4 to the League 1 team. Then Blackburn Rovers knocked out Premier League Swansea City; Manchester United needed a reply to beat League 2 team, Cambridge United; and Bolton Wanderers drew with Liverpool at Anfield and led the replay until the last five minutes. And all this happened at a time when people were saying that the FA Cup had lost its appeal.

When the then Honorary Secretary of the FA, Charles Alcock, announced on 20th July 1871 that the FA had decided "it is desirable that a Challenge Cup should be established in connection with the Association, for which all clubs belonging to the Association should be invited to compete", he could never have guessed that the competition would still be going strong 144 years later, arguably having established itself as the most famous cup competition in the world.

That the two clubs, which will contest the final, are two of the 700 which entered this year's competition simply adds to the mystique of the competition. The opportunity for non-league clubs to play against Premier League opposition will be the highlight of many of the players' careers and this year's third round fulfilled the dreams for the players of Dover, Wrexham and Gateshead when they faced Premier League opposition. Equally many of the Cambridge United or •

FA Cup Trivia Quiz

Who was the first goalkeeper to save a penalty in a Wembley FA Cup Final?

1

Who is the first American to gain an FA Cup Winners medal?

E

In 1879 Lord Kinnard won the FA Cup in consecutive years with different clubs. Who repeated the feat exactly 100 years later?

4

Who was the last English manager to guide his team to an FA Cup win?

5

The FA Cup Final is normally played at Wembley. Name three other FA Cup Final venues.

6

Starting in 1995 there have been four sponsors of the FA Cup. Name two of them.

7

Which club was the first winner of the FA Cup?

8

Which club has won the FA Cup the most times?

9

After replays were abolished, which team was the first to win the FA Cup Final on penalties?

10

What is the biggest winning FA Cup Final margin in the Premier League era?





FA Cup Trivia Quiz

Answers

- 1 Dave Beasant 1988 (Wimbledon v Liverpool)
- 2 Tim Howard 2004 (Manchester United v Millwall)
- **3** Brian Talbot 1978 (Ipswich) and 1979 (Arsenal)
- 4 Harry Rednapp 2008 (Portsmouth)
- **5** Millennium Stadium in Cardiff 2001-2006. The Kennington Oval, Crystal Palace, Old Trafford, Fallowfield Manchester, Lillie Bridge, Everton and Stamford Bridge were also FA Cup Final venues prior to 1920. Because you asked, final replays have been held at Derby Racecourse, Bolton, Everton, Old Trafford, Bramhall Lane as well as Wembley.
- **6** Littlewoods, AXA, E.ON and Budweiser.
 - **7** Wanderers who beat Royal Engineers 1-0 in 1872
 - **8** Arsenal and Manchester United 11 times each.
 - **9** Arsenal beat Manchester United 5-4 in 2005.
- 10 Manchester United 4 Chelsea 0 in 1994

Yeovil players probably never expected to play against Manchester United but the FA Cup made it happen this year.

While the Cambridge United players may have been disappointed not to pull off a historic victory in their o-o draw with Manchester United, you can be sure that no one was more delighted than the Cambridge United board as the Old Trafford reply would net them something in excess of half a million pounds.

The FA Cup also gives clubs from outside the Premier League the chance to reach the final like Cardiff City in 2008 and Millwall in 2004. FA Cup Finals have also produced their fair share of shocks like when Wigan Athletic – on their way to Premier League relegation – still managed to beat Premier League runners-up, Manchester City, to win the FA Cup for the first time in their history (in 2013).

Many years after competing, some players still see the FA Cup Final as the highlight of

their career. Coventry City may now be languishing towards the bottom of League 1 but, in 1987, they won the FA Cup for the one and only time in their history. 28 years on, Cyrille Regis still has fond memories of the day.

"That was the highlight of my career. It was all the more satisfying as I came late into professional football. When I was 19 I was working as an electrician and playing football part-time." In 1987 Coventry beat Tottenham 3-2. Cyrille had the ball in the net but the "goal" was disallowed. Tottenham were clear favourites and took an early lead but, as Cyrille recalls: "The longer the game went on the stronger we got."

"MANY YEARS AFTER COMPETING, SOME PLAYERS STILL SEE THE FA CUP FINAL AS THE HIGHLIGHT OF THEIR CAREER."

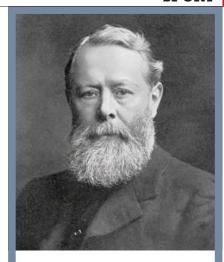
The death of his friend and fellow professional footballer, Laurie Cunningham, in a car crash made Cyrille think about what life was all about. It particularly spoke to him as two years previously he had been in a similar crash with Laurie and had walked away unhurt. It came to a point where he asked himself, "If I believe that Jesus is God then I have to do something about it. I decided to follow him and to give my life to him. I prayed a prayer, 'Lord come into my life'. He did and He gave me a strength and a peace."

While the FA Cup has lost some of its status as the money generated by UEFA Champions League has given it priority in many people's eyes, the competition is 144 years old and looking as if it has a few more years to come.

Stuart Weir is passionate about Jesus Christ and about sport, and he spends his life trying to help people make the connection. He has written several books about sport and Christianity and has worked as a sports writer at Olympic, Paralympic and World Championship events. He has been to three football World Cups and was Togo's Olympic attaché at the 2012 Olympics. Married to Lynne, he has two grown-up children. He is a member of Kidlington Baptist Church and Frilford Heath Golf Club.







Gone but Never Forgotten

Remembering FA Cup Legend Lord Kinnaird

The most successful player in the history of the FA Cup was Lord (Arthur) Kinnaird, who played in nine Cup Finals, winning five of them (1873-1883). In the course of his career as a Cup Final player, Kinnaird played in every position, from goalkeeper to forward. The FA Cup was given to him in 1910 in recognition of his services to the game.

He was renowned as perhaps the toughest tackler of his day, giving rise to the (probably apocryphal) story that his wife once expressed the fear that he would "come home one day with a broken leg."

A friend is said to have responded:
"You must not worry, madam. If he does,
it will not be his own."

Kinnaird was an FA committeeman from the age of 21. He became treasurer nine years later and served as FA President for 33 years (1890-1923).

He had a strong Christian faith and, according to *The Times*, ranked second only to Lord Shaftesbury in Evangelical Christianity. A contemporary newspaper described him as someone who "took a deep interest in all manly sports and was of the muscular type of Christian". In a funeral tribute delivered at Lonforgan Parish Church, Rev NK Mackenzie said that his life "bore testimony to what the grace of God can effect in a human heart" and that his religion "was of the evangelical type but it was not the narrow sort of evangelicalism which looks with disapproval on the

common interests of men and women". The balance of his life and the way that he related his faith to all aspects of his life was well summed up in a sentence from another obituary: "He was as welcome a figure on the YMCA or evangelical platform as on the football field or in the football council chamber." He was President of the YMCA and president or treasurer of 28 different charitable societies.

This Lord served a greater Lord and saw a goal beyond the grass.







Looking Back

John Motson talks about his favourite FA Cup Final memories.

BC commentator, John Motson, has seen more FA Cup Finals than most – watching the 1950 match on TV in a music shop on Woolwich! He went to his first Wembley Cup Final in 1954, and started working on the FA Cup Final for BBC in 1969, doing his first commentary in 1977.

Sorted asked him two questions. Which is the most memorable Cup Final and who scored the best FA Cup Final goal he has seen?

"COVENTRY BEATING TOTTENHAM IN 1987 WAS PROBABLY THE BEST GAME OF FOOTBALL IN THE PUREST SENSE THAT I COVERED."

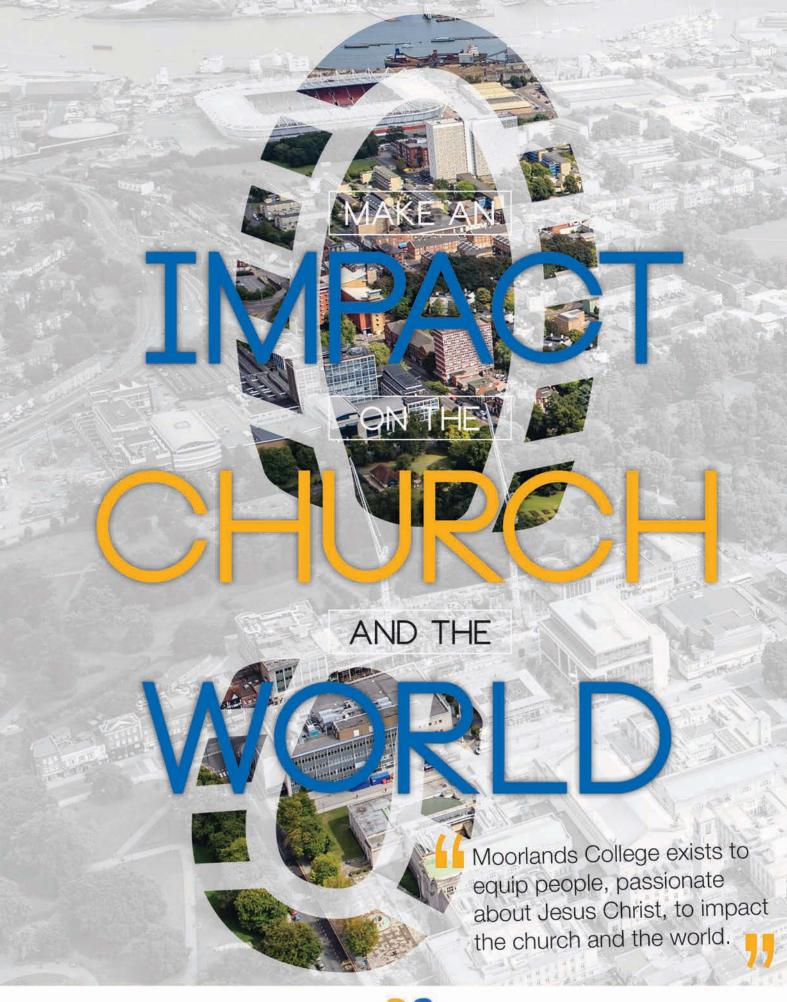
"Ricky Villa's goal for Tottenham in 1981 will always stick in my mind. It seemed fitting for the 100th final to be won by such a great individual effort. Of course in 1981 the overseas players had just started to come over to England. The two Argentinians, Ricky Villa and Ossie Ardiles were absolutely top drawer. "The Gerrard goal in Cardiff in 2006 which took the game into extra time with Liverpool eventually winning on penalties is another I'll always remember.

"Trevor Brooking's header in 1980 (West Ham 1 Arsenal 0) will always come back to me because he so rarely scored with his head. Trevor, of course, later became a cocommentator with me at cup finals. "Coventry beating Tottenham in 1987 was probably the best game of football in the purest sense that I covered. I thought that was a superb game of football, never mind a cup final. Another one is 1988 when Wimbledon beat Liverpool. Lawrie Sanchez scored the winner as Wimbledon pulled off a shock."

Will 2015 match those? ■



Action Images / Alan Walter













Never Give Up

A skiing accident in December 2012 proved life changing for Jonny Young. Never one to walk away from a challenge, Jonny is now a full-time athlete, working towards selection for the 2016 Paralympics.



rowing up in Northern Ireland, Jonny always loved the outdoor life. He recalls: "There was always an adventurous streak to me. Going through school I was a bit bored, knowing that I would rather be outside. I just enjoyed being outside, playing, rather than working too hard." At the age of nine he joined a kayak club - just for fun - but the water skills he learned were to become significant in later life in a way he could never have imagined.

Jonny met his wife Fiona at a ski resort in France. In 2012, they booked a two-week skiing holiday back in France with some friends. On what proved to be the fateful day, Fiona had a problem with her

snowboard and needed to go to a shop in town for a repair while the others headed up the mountain.

From the lift they could see a snow-park, which attracted Jonny's attention. The others weren't interested so Jonny went alone. Ironically the last thing his friend Tristan said to him was: "I don't want to get injured this early in the holiday. See you at the restaurant." So the plan was for Jonny to have a quick run through the park and meet the others for dinner.

He takes up the story. "When I came into the park it was quite busy and I did not want to hang around so I saw there was a jump that no one was hitting and went for that one. It was a bit bigger than I would really have wanted to start on but it wasn't the biggest in



the park. It was a red so not massive.

"As I approached it I noticed that the snow was a bit slushy and I was going a bit too slow and didn't really want to hit it. There were voices in my head saying, 'you don't have to do it' and another one saying - 'go on, you will be fine'. And I listened to the voice that I usually listen to and hit the jump. I had picked up too much speed at this point, to try and close the gap and I remember popping up into the air.

"YOU HAVE HAD A BAD BREAK OF YOUR LOWER LUMBER AND TO GIVE YOU THE BEST **CHANCE OF WALKING AGAIN WE NEED TO OPERATE NOW."**

"As I was hanging in the air I started to look down and spot my landing and thought 'you're really high up here'. I said, 'God, you are going to have to look after me'. As I tried to land, I landed on my feet but I crumpled under the weight of myself. I had cleared the landing and landed on the flat after the jump. I came sliding to a halt and had to stick my head in the snow and come to a stop.

When I came to a stop, my legs were sort of hunched up, in a foetal position. I knew I couldn't move my legs but I was in too much

pain to be able to move anything, so I just lay there really still."

Before long a snow patrol arrived but immediately recognised the seriousness of the injury and radioed for a doctor and airambulance. He was taken to Annecy hospital. After he had an MRI scan, the surgeon said: "You have had a bad break of your lower lumber and to give you the best chance of walking again we need to operate now. So the team is going to come in and prep you for surgery."

He was on the acute ward in Annecy for six days and was later transferred to Stoke Mandeville. Once a patient was able to sit in a wheelchair for six hours, they could transfer to the rehab unit. Jonny's competitive nature came to the fore in this situation. One hour the first day, then two and by the end of the week he had done his six hours and could transfer to rehab. After just over four months in rehab he was discharged from Stoke Mandeville Hospital on 10 May 2013.

Jonny had grown up in a Christian family and at a young age observed how his parents' faith impacted their life and "wanted what they had". He says of his own faith: "Through having that relationship with God, how I go about my day-to-day life is different. And it brings me a lot of happiness."

That leads to us the inevitable question: where was God when the accident occurred? Is Jonny mad at God? "There have →





certainly been times when I was frustrated and angry - usually more with myself than anything else. There was a time in hospital when I was frustrated about it all and arguing with God. There was one night in particular I had just got into bed and I remembered I had not brushed my teeth. And I forced myself to get up and brush my teeth. And then I was angry and asked: Why did you allow this to happen?'

"I DIDN'T ALLOW THE **ACCIDENT TO HAPPEN BUT IT HAPPENED. SO HOW ARE YOU GOING** TO DEAL WITH IT?"

"And I had this memory of a tree in my back garden and when I was a kid I was allowed to climb to a certain point - my dad had tied a rope swing onto it and I wasn't allowed to climb beyond that point; but I used to do it all the time anyway. And I have that memory: you weren't allowed to climb beyond that point but you did. And I felt God was saying: 'I didn't allow the accident to happen but it happened. So how are you going to deal with it?' So my attitude became 'I will get up and brush my teeth and push on again'.'

Shortly after his discharge from hospital he applied to go on a British Paralympic Association "Road to Rio" weekend aimed at spotting athletes with potential. Jonny was offered a chance to train with the British Canoeing squad and ultimately funding as an elite athlete. Elite paracanoe events are sprints. Jonny's previous experience of canoeing had been more white-water and slalom. "It is similar to what I'd done before and the boat skills I had made a big difference and helped me be successful so early. But I've had to learn the whole sprint side, the power and putting the muscle on. It is similar but very different." In 2013, he managed to come second in the

national championships. In 2014, he won the GB Championships and followed that with silver medals at the European and World Championships. The Worlds took place in Moscow at the lake used for the 1980 Olympics. It was a great experience for Jonny. "The scale of the competition and the venue was quite exciting. I had won the selection race to get there so I knew I could compete at the world level. I went there with no real nerves about what I was going to do. It was simply to deliver what we do every day in training. So I felt quite confident being there and was able to enjoy it."

Paracanoe events will be included in the Paralympics for the first time in Rio next year, where they will be six events - three for men and three for women. While this represents great news for the sport, the Rio programme is not without controversy. There are two types of boat in paracanoeing: K1: Kayak where a double-ended paddle is used and V1: Va'a (outrigger canoe) where a single bladed paddle is used. Where Jonny won his European and World Championship medals in the V1 class, all events in Rio will be K1. Although disappointed, Jonny is still determined. "In terms of paddling, it is just a different rhythm that you get into and a different technique. With the V1 I was able to put a lot more power into it but with the kayak I am having to refine my skills.'

Jonny likes to apply a verse from the Bible to his life. "For God has not given us a spirit of fear, but of power and of love and of a sound mind" (2 Timothy 1:7). He explains: "On the start line you could easily get intimidated but I remind myself that I don't have the spirit of fear. I have got power and I have that power because I've been working in the gym and I know how strong I am and how explosive that strength can be. And also I have the power of God in me which gives me strength and gives me the reason to do what I'm doing. And I can glorify God through that. And I have got

power and I really do love what I'm doing. I'm able to be out in a boat racing, which is an awesome place to be, and I'm paid to do it and I've got an amazing family who support me doing it. So there's no reason to feel anything other than love for what I'm doing. And sound mind - I can logically explain why I'm sitting on the start line because I have worked hard and won races and got to where I need to be. So that verse drives me through a race."

Jonny refuses to let the accident define him. "Who I am as a person is defined by my relationship with God and I didn't feel that needed to be diminished. I certainly feel that the accident has changed my relationship but it didn't need to change who I was as a person. I believe that God has plans for me that are good. It is hard to say that this spinal injury was good but good things can happen through it and I still believe that God has good intentions for me and wants me to achieve good things and to do that in his name because I have a relationship with him." ■





The 2015 Jesus Saves Landlocked Sprint and Hillclimb Team

Driver: Gary Thomas

Car: Force PC (weight: 307 kg) Engine: Suzuki Hayabusa 1400cc Power: 200 BHP Performance: 0-60 2.5 seconds

Results in 2014: 13 wins. 4 class records, 2 track records











2015 Program (provisional)

22 March Rockingham - Northants / 12 April Harewood - Yorks / 2-3 May Oliver's Mount - Yorks / 23 May Mira - Warwickshire / 24-25 May Crystal Palace - London / 30-31 May Coventry Motorfest / 12-14 June Cholmondeley Pageant of Power - Cheshire / 21 June Silverstone - Northants / 18 July Llandow - Glamorgan. Fixtures for August, September and October TBA.

Please come and spend a day with the team...

in the exciting world of Sprint and Hillclimb motor sport. All are welcome, groups and individuals. We look forward to meeting you for a great day out. Please email for bookings: alvin.davies@jesussavesracing.co.uk

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Train Smartly, Eat Wisely and Race Healthily

aster holidays have come and gone. The weather is (should be) getting warmer and days are getting longer. More and more of us will be thinking of getting outside to train and exercise. The reason we do this is because a faster growing number of us have entered races. These races vary from 5k and 10k up to Tough Mudders and many more obstacle-type challenges and other runs. All of these are great as long as you remember to train according to the type of race you have entered.

We are seeing more serious injuries and even deaths in different events. Although many of these are pre-existing problems, an awful lot are avoidable. Training properly reduces the risks, but also can highlight problems that can then be checked before an event.

Much of the training can be the same for most events i.e. running will be involved in almost all of them, unless they are cycling specific events. If you are running a 5k or 10k you will focus on speed work with intervals, hill work along with steady runs. Doing some core work will be important for whatever event, but don't just think of the obvious six-pack and rack up hundreds of sit-ups. Consider the deep core muscles involved with pelvic floor work. Think about the multi layers of muscles in your back that help support your spine for all exercise. Don't forget the upper body shoulders, chest and arms, which need to be strong.

However with certain challenge events you will need to think out of



Obstacle Runs

These are growing hugely in popularity, you may think it is difficult to train specific for these. I am not advocating building electric shock treatment into your daily routine, or wading through mud, but there are several ways to train for these events.

Firstly: Do the same as you would for a 5k or 10k i.e. do intervals. Any obstacle event is very stop-start in nature, where you will run hard for perhaps two to three minutes before encountering an obstacle. When you stop your interval don't rest but instead do 20 press-ups or 20 squats or some other exercise. This prepares your body for running then working.

Secondly: Use the gym. Not everyone's cup of tea but you have all the equipment there to tone upper body, arms, and legs. Plyometric is great training i.e. squat jumps, lunge jumps.

Thirdly: When you finish a session get in a cold bath; yes, cold! This will get you used to being warm, then cold i.e. when you need to swim through icy water in a skip.

Triathlon

Train properly for each section. If your triathlon involves swimming in a pool, train in a pool. If open water, train in open water. Get used to swimming, cycling and running all in the same session.



Eat wisely

For all these events it is important to eat the proper foods. Best principle - eat a good balanced diet. Pre training: eat plenty of good carbs one and a half hours before. Post training: eat good carbs within half an hour to an hour of finishing. When training hard increase your protein intake. During the events: it is personal preference as to gels or drinks. Have plenty of water. Replace salts on longer events with isotonic drinks or similar. Don't try new foods e.g. gels on race day. Train with food as well.



If as you train you have any concern about your health, heart, breathing etc. go and see your GP prior to the race.

So train smartly, eat wisely, and you're more likely to race healthy.

Phil Baines is passionate about fitness and sport. He recently began a venture called Fit 4 The Challenge (www.f4tc.co.uk), which offers a range of physical challenges for diverse abilities. Phil organises each challenge and trains individuals and teams to complete them, either for charity or for personal achievement or both. Phil is married with two teenage sons



HEALTHY COOKING With Chef Mike Darracott



Oat & Raisin Cookies

Serves 6 people 2 cookies each

INGREDIENTS

55g raisins 2 drops vanilla essence 60g unsalted butter 2 tbsp spoon of runny honey 1 small beaten egg 55g caster sugar 55g wholemeal flour 1tsp baking powder 85g porridge oats

METHOD

- 1 Preheat oven to 200 c 400 f gas mark 6.
- Grease a baking tray and dust with flour.
- 3 Next place the butter and sugar into a large bowl or electric mixer, and cream together. Then add in the honey, followed by your egg and vanilla
- Now slowly mix the flour, baking powder, oats and raisins.
- Next divide up the dough into 12 equal amounts and place each amount onto the baking tray using a spoon, allowing a good space between each for them to spread.
- 6 Bake for 12–15 minutes or until golden brown.

Michael J Darracott has been an executive chef at various large establishments. He has cooked for more than 200 people at a time, including a number of celebrities, and has published several books. For more information, visit www.chefmikedarracott.com.



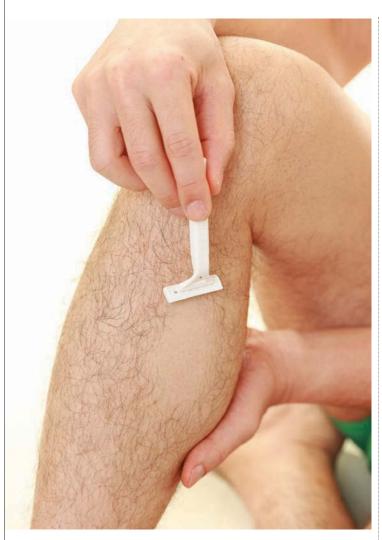






PAUL KERENSA

Kneel-Down Stand-Up



Will You Still 'Knee'-d Me, When I'm 36

'm getting old. 36 now. "Only 36?" I hear you 37+s cry. Yes, but the week I turned 36, I clicked a BBC News link and somehow fell down the rabbit-hole into the Radio 1 Newsbeat's website. You can't spot the links on the main News page: they look normal. The only clue is it mentions one of those Direction boys, or Kanye West (which apparently is not a London Underground station), or "tweeting" or "twerking". Whatever click-bait led me to this webpage (it

honestly wasn't One Direction twerking), I landed on a Radio 1 survey. I completed it, pretending I'd understood it, and then reached the demographic bit about age groups. Am I o-15, it asked? 16-19? 20-25? 26-35? Or 36-120? "Whatevs". (Who's past it now, Radio 1?).

I stood, feeling older, then my knees cracked. God's got bigger plans for me than my physical shell, which is frankly giving up.

The GP referred me to the physio: my "first evs" (I'll stop it now)

"ARE YOU QUITE A STATIC STAND-UP?"SHE ASKED."OR DO **YOU RUN AND SKIP AROUND** LIKE MICHAEL MCINTYRE?"

appointment, where I was asked to remove trouser and walk up and down the clinic steps for five minutes, scaring a few in the process. The physio asked my profession; I said stand-up comic. She said: "Oh, that explains it. You've got 'Stand-Up's Knee'." So apparently that's a thing. It means my knees lock too far back; hyperextension, she called it. It can affect static standing jobs, hence old-fashioned policemen bend their knees and go "ello, 'ello, 'ello," to limber up. Sentry guards would suffer from the same thing, if they weren't trained super-fit attack-machines who've come straight from the assault course. But us comedians - we're just standers. Well I am anyway.

"Are you quite a static stand-up?" she asked. "Or do you run and skip around like Michael McIntyre?" I'm mostly still, I replied. "Oh. You should skip around like Michael McIntyre," she said. Everyone's a critic, I thought. She said: "If you like, when you have your next physio sesh... (She'd been listening to Radio 1)... I can put some really tough sticky tape across the backs of your knees. It'll be so tight that your knees won't be able to lock, even if they want to. Shave your leghairs though - it's heavy-duty stuff."

The following week, at stand-up gigs across the country, I noticed myself "hyper-extending" the ol' knees. Definitely the tape for me, I thought. So for the first time ever, I shaved my legs. Well my wife did most of it, which she hugely relished. I mentally retraced the previous week, checking for no rows, offence or cause to upset this crazed lady with a razor and a gleeful look on her face.

Surviving that experience, I returned to the physio. Tape please! "You've shaved the leg hairs?" Yup, I said, dropping trouser. "Oh!" she exclaimed, revealing the world's smallest piece of tape. "You've shaved... your entire legs." Um, yes. That tough tape doesn't need to be big, does it?

I write this, bald of leg. A missed opportunity: I should be in cabaret or something.

I'm 36: No longer a Radio 1 man, but a Smooth man.



Paul Kerensa is an award-winning stand-up comic and author of the book So a Comedian Walks Into a Church. He co-won a British Comedy Award for writing on the BBC's Miranda, and the Royal Television Society (RTS) Award for Not Going Out, as well as working on other shows that history has thankfully forgotten. Visit www.paulkerensa.com to find out more.



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despise reality shows like The Voice, X Factor, Help I'm Not a Celebrity, Zombie Apocalypse, Help I'm the Voice of an X Zombie Celebrity, etc. In what way do they portray reality? Imagine Neo in the Matrix swallowing the red reality pill and being transported onto the stage of Britain's Got Talent attempting some kind of contemporary dance using moves he learnt dodging Agent Smiths bullets. With four X's he trudges off stage devastated his social club cabaret career is ruined but secretly relieved there's no Robotic Armageddon.

When watching bizarre acts on BGT (someone juggling cats, or cats that can juggle or a juggler in a cat suit) have you ever wondered where do they find these lunatics? I recently found out. Driving to a gig in Lowestoft, which if you've never been is way further than you think, my phone rings: "Hi, would it be possible to speak to Tony Vino?"

"Of course it would, you've rung me on my mobile."

"OK great, my names Ed and I'm a researcher from Thames Television. This weekend we're filming BGT at The Lowry in Salford. I've watched your clips online and think you would be perfect for the show."

I was initially wary. I've made it a rule of life not to trust a man who

spends most of his waking hours watching videos online. I tried to reason with him that when it comes to BGT my act lacked a certain "something" such as a dancing bear or pogo stick. Ed was relentless, and before I knew it he booked me in to perform that weekend in front of Amanda Holden, Alesha Dixon, David Walliams and the man with the highest waistband in entertainment -Simon Cowell.

The next morning I told my wife Claire, who was totally against it. "What could possibly go wrong?" I asked. She flipped her laptop open to show me several disastrous BGT clips of people attempting comedy. At least now I had my opening line when Simon Cowell asks: "So Tony why are you here?" I'd answer: "When I told my wife I'm going on BGT she said it was a terrible idea and I will be publically humiliated. I'm here to prove her correct."

She was right. Unlike novelty acts, straight stand-up doesn't work well in that adversarial format. The tempting lure of momentary TV fame had clouded my judgement. Just imagine it, my next gig in Lowestoft the advertising would read "Tony Vino As Seen On BGT", my brief appearance immortalised on an A3 glossy poster

"SOMEONE **WAS TAKING A CHICKEN OUT OF A BOX AND PUTTING IT** INTO A **JUMPSUIT.**"



"THE TEMPTING LURE OF **MOMENTARY TV FAME HAD** CLOUDED MY JUDGEMENT."

above a urinal - Wow!*

Saturday morning I drove the short distance to the Lowry with a friend and my two-year-old daughter to let Ed know I wasn't doing it (and to have a nosy). People were gathered along the red carpet awaiting the judges' arrival. I pulled my trouser waistband higher and waved in an ironic fashion but no-one laughed. Backstage half the contestants were psyching themselves up, the other half were animals unaware of any sense of occasion. A terrier urinated against a pillar inside the theatre; somewhere in his tiny dog mind he thought "I now own this entire building". I broke the news to Ed who was crestfallen. The show producer tried to persuade me otherwise, promising if it went belly up they would dump the material. I wondered how many people had fallen for that line. While the negotiation was going on, next to us someone was taking a chicken out of a box and putting it into a jumpsuit (he looked pumped, less Free Range more Power Ranger).

I stuck to my guns but we did get free tickets to watch the filming. Sat in the audience watching the endless throng of hopefuls being shot down by the judges I was glad I didn't do the show, the competition was fierce - the chicken totally smashed it.

* Currently my TV credits are pretty sparse. There was that fiveminute Sunday morning interview on BBC1 back in 2007 but "As Seen On Songs Of Praise" doesn't engender the kudos I'm looking for. ■

Tony Vino is a professional comedian who straddles the world of comedy clubs, festivals and churches. For more information see www.tonyvino.co.uk.





JEFF LUCAS | UCAS AIO



The Cactus Stabbers

taying overnight at a bed and breakfast in Australia, we found the breakfast was really rather awkward. We began the day parked around a large kitchen table shared with the other guests. Our little breakfast gaggle included a couple of wildly enthusiastic evangelists. Their white-hot passion was undoubted, and quite unnerving with it. With no idea that we were believers, their eyes glowed with joy as they breathlessly chattered away about their vital mission to save the world. No details were spared. I tried to concentrate on the moral perplexities of reaching for a fourth muffin while in the company of strangers, but to no avail: I had to give them my full attention, so animated were they.

The enthusiastic pair were cactus stabbers. Show them a cactus, and they'll show the cactus a knife.

Their locality in the Australian outback is infested with *Opuntia robusta*, the wheel cactus, a prickly, fast growing thug of a species that overruns everything in its path. It spreads at an alarming speed, and creates all kinds of problems for animals. The species has been officially declared a noxious weed in Australia, and has contributed to the loss of billions of dollars due to the damage it inflicts.

And so our excited new friends were on a mission, not to save souls, but to inject those rubbery foes with the cacti equivalent of weed-killer. Their work was extremely hard graft. In cactus terms – they are serial killers.

I was impressed by their white-hot zeal and felt the stirrings of an inkling to jab a rubber plant myself. Passion is contagious. Having never contemplated assaulting cacti before, I was surprised by my own interest.

But I also felt quietly ashamed. I used to be quite the evangelist myself. My youthful enthusiasm didn't win any prizes for subtlety, but my mantra was simple: I was not ashamed of the gospel. Anyone with the misfortune of sitting next to me on a plane was considered a worthy target for my "sharing", which usually meant that they were subjected to my breathless monologue.

I wondered: why am I no longer quite so vocal about my faith?

"BY ALL MEANS PREACH THE GOSPEL. IF NECESSARY, USE WORDS."

Superficially, I had some answers to the question. For one thing, I'm in reaction, swinging pendulum-like away from the button-holing, script reading monologues that I used to subject people to. I acknowledge my lack of subtlety, and I don't want to go back to rattling on like a salvation salesman. My quietness is the fruit of maturity, I try to insist, thereby sanctifying my silence.

Besides, I've heard a few sermons where the famous quote, "By all means preach the gospel. If necessary, use words" has been used. Excellent. That perfectly justifies me staying tight lipped: I just need to quietly live the Christian life, demonstrating good works, but never feeling the need to offer good words.

But as I dug deeper and meandered around the mysterious, shadowy caverns of my heart and mind, I discovered something that I JEFF LUCAS

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Adapted from *The Cactus* Stabbers, by Jeff Lucas, published by CWR.

find very difficult to confess here. I realised that there were times when, subconsciously, *I didn't actually* want people to become Christians.

I've gone through seasons when the fish symbol beloved of believers apparently symbolized the piranha; when so many Christians acted like predators with razor sharp teeth, I didn't want to have a hand in creating yet another one of the most dangerous of species – an unkind zealot armed with a bible and a sense that they're on a mission from God.

Then there were periods when so many Christians I encountered seemed to be just a little disjointed, tilted into unattractive oddness by their faith. Did I really want to lead someone else into a potential twilight zone of weirdness if they embraced the way of Christian discipleship?

And my heart weighed heavy for those for whom being a Christian was an intolerable burden. They spend their days shoved around by a barrage of insistent oughts, shoulds and should-nots, hotly and desperately in pursuit of a purpose driven life. Laden down with angst, they lug their faith around like a dead weight. I didn't want to unwittingly sentence others to become like them.

Of course, my silence is anything but golden. I still believe that Jesus, far more than a ticket to eternal bliss, is exclusively the way to find true life today and tomorrow, as he shows us what being healthily human is all about. And if our churches breed strange, stinging, anxious apprentices, then we must ask what's wrong with our message, because, rather obviously, there's nothing wrong with Jesus.

And so my breakfast encounter with the cactus stalkers bought me challenge, and clarity too. I want to renew my confidence in the gospel. It's lamentable that there are followers of Jesus who are hostile, odd, and agitated, but that doesn't make the truth any less true. I'd like to be a little more ready, willing and able to not only to live a *life* that points to Christ, but gently speak *words* that light the pathway towards him too.

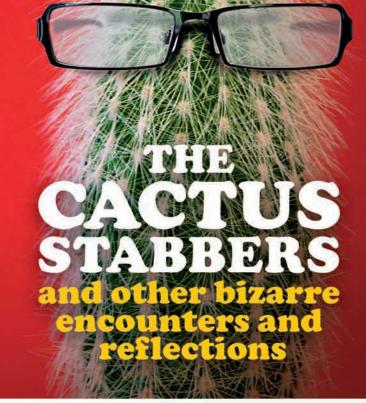
Jeff Lucas is an international speaker, broadcaster and author of 22 books. He loves to communicate using humour and storytelling. He is a monthly contributor to *Christianity* magazine and writes daily Bible reading notes, *Life Every Day*. Jeff holds a teaching position at Timberline Church in Colorado and is married to Kay.

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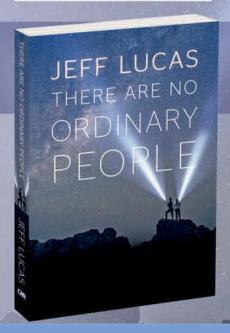


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COMMENT



CARL BEECH

The Last Word



Be the Real Deal

great deal of men like watches. I'm not totally sure why it is but we do like them. I've never really had an expensive watch but once I've found one that I like it rarely leaves my wrist. My current watch of choice is a Casio G-Shock. It's an awesome piece of kit. I've been on all kinds of adventures with it from hiking to kayaking. I've travelled around various parts of the world with it as well and, on occasion, in some inhospitable terrain. After all of that, it hasn't got a mark on it. It's as rugged and tough as they come and looks like you could drive a nail into a wall with it. No, Casio does not sponsor me; I just genuinely think it's fantastic.

However, about a month ago, a mate of mine who lives in Barking said he was going to send me a new watch through the post as a gift. You can imagine my surprise when a watch that retails over £16,000

came through the post in a jiffy bag. Talk about bling. This was a serious timepiece that had a face the size of a dinner plate, and the dimensions of a chieftain tank. Just having it on your wrist gives you a good bicep workout. The watch came with the accompanying message:

"You'll be a proper geezer now..." Of course, it wasn't the real deal but a fake.

These "tribute watches" as we prefer to call them are quite remarkable really. At a glance, they look just like the original. In fact, you can even hold it in your hand and for a couple of minutes be a bit unsure as to whether it's an original all not. It's only when you look super closely at it that the thin veneer of genuineness starts to fall

"THIS WAS A SERIOUS TIMEPIECE THAT HAD A FACE THE SIZE OF A DINNER PLATE, AND THE DIMENSIONS OF A CHIEFTAIN TANK."

apart. The odd minuscule bit of paint flaking off, a slight defect in the wrist strap, a button not quite fitting as flush as it could do. In other words, it has the appearance of being the real deal but on closer analysis it's far from solid.

A lot of gear can be like that; imitations of the real thing that are of dubious quality. In Cambodia, I saw Beats headphones being sold for a fiver in the market, and Rolex watches for a tenner. All looked good but wait till you start to use them.

Some frauds are even harder to spot. Take the case of the artist John Myatt. John has got an incredible talent for mimicry. In 1986, John created a painting for a guy in the style of Cubist painter Albert Gleizes. He later got a call to tell him Christie's had valued the piece at £25K! A week later John received 50% of the money in a brown envelope with no questions asked. Solving all, he gradually got drawn into a web of deceit and went on to paint 200 fakes from art history's long line of masters. Scotland Yard said it was the biggest art fraud of the 20th Century. After having his collar felt by the yard and a spell in prison, John decided he would never paint again, until the detective who nicked him commissioned him to paint a portrait of his family. Now a successful artist he also plays the organ at his local church. In other words, he's moved from being a fake to the real deal.

A fake Rolex can't make that change, but a bloke can. I think real men are of the "what you see is what you get" variety. They don't pretend to be what they clearly aren't and when you scratch beneath the surface the integrity runs deep. Just for clarity, tribute acts are different and at The Gathering this year we have Neil Diamond and Elvis. Proper job. ■



Carl is married with two daughters. He heads up Christian Vision for Men (CVM) and founded Codelife. You can follow him on Twitter @carlfbeech and on Facebook



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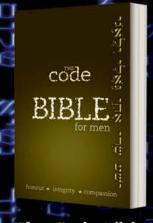
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